ENERGA GDAŃSK MARATON

BROOKS

TRAINING PLAN AS PART OF THE BROOKS, BE READY CAMPAIGN - PREPARING FOR GDAŃSK MARATHON 2025

Week IX: March 4-9, 2025 | **Gdansk Marathon goal: 3:59:59** | **The plan was developed by: Marek Jaroszewski**

Training	Days to go	Date	km	Name	Time	Workout Details/Suggested Pace	Training description
33	33	2025-03-04	6km	Easy Run	40-50 minutes	1km Pace 6:30 min/km / Warm-up exercises 10 Min 5km Pace 6:30 min/km	Easy runs are an essential part of your training plan, offering a break from intense workouts. They should be done at a slow pace, allowing you to relax and save energy for more challenging sessions.
34	32	2025-03-05	7km	400-meter jogs	40-50 minutes	Warm-up: 2km at a pace of 6:30 min/km / Warm-up exercises: 10 Min Main part 5x400m at a pace of 5:15 min/km with a 400m break at a pace of 5:45 min/km. / Cool-down: 1000m run at a pace of 6:30 min/km	We repeat interval training, which we will speed up slightly. Today's training includes 400m repeats at a pace of 5:15 min/km and a slowdown of 400m at a pace of 5:45 min/km of effort. The goal is to get the body used to variable speeds, which will improve speed over longer distances. It is important to maintain a good effort during the slower repeat, and any slowdown during the faster one is not a problem.
35	30	2025-03-07	6km	Easy Run	40-50 minutes	1km Pace 6:30 min/km / Warm-up exercises 10 Min 5km Pace 6:30 min/km	Easy runs are an essential part of your training plan, offering a break from intense workouts. They should be done at a slow pace, allowing you to relax and save energy for more challenging sessions.
36	28	2025-03-09	30km	5km by 5km	1:55-2:20 H	Warm-up: 3 km at 6:30 pace, with a break every 1 km for stretching exercises / Main part: Run 25 km alternating run every 5 km, starting at 6:30 min/km - section 2 5:45 km min/km - section 3 6:30 min/km - section 4 5:40 min/km - section 5 6:30 min/km - section 6 5:40 min/km / Cool-down: 2 km run at 6:30 min/km pace	Next Sunday we focus on practicing race pace, which is key for long distance running. It is important to practice at this pace for a longer period of time, while also taking care of recovery through slow running. In difficult conditions it is recommended to use your feeling rather than a steady pace.