ENERGA GDAŃSK MARATON

BROOKS

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

Week X: March 11-16, 2025				Goal in Gdańsk Marathon: 3:29:59		Treatment plan: Marek Jaroszewski	
Training	**Days to go**	**Data**	**km**	**Name**	**Time**	**Workout Details/Suggested Pace**	**Training description**
37	26	2025-03-11	7km	Leading race	40-50 min	Warm-up: 2km Pace 5:30min/km / Warm-up exercises: 10 Min 5km Pace 5:30min/km	On the principle of action it is important to be your body and others, that the pace may depend on the day. There is no such thing as too slow.
38	25	2025-03-12	6 kilometers	Pace 2-1-0.5	40-50 minutes	Warm-up: 1km at 5:50 min/km pace Warm-up exercises: 10 min Main part: 1 x 2000m at 75% of your pace with a 120s rest; 1x 1000m at 80% of your pace with a 120s rest; 2x500m at 85% of your pace with a 120s rest / Cool-down: 1000m at 5:50 min/km pace	The goal of the training session is to limit the running pace in the limitation of the distance of the repetitions. It is recommended that in case of doubt occur, and this should occur during the run, due to failure on the last repetition.
39	23	2025-03-14	8km	Undertakings	40-50 minutes	Warm-up: 2km @ 5:30 min/km / Warm-up: 10 min / Main part: uphill runs * 10 x 200m braking pace 200m slow downhill / Cool-down: 2km @ 5:40 min/km	Hill climbs involve running uphill on another track, then slowly running downhill to reach. Repeat this process several times, focusing on maintaining proper pace and technique. It's a great way to wear out your legs and endurance!
40	21	2025-03-16	18km	Long Run	1:30-1:40	Warm-up: 3 km at 5:30 pace, with about 1 km rest for exercises / Main part: 14 km run at 5:20 pace / Cool-down: 1 km run at 5:30 pace	Another week of relief in the running plan to relax and enjoy the long run. It is recommended to do 15 km at a mandatory pace so that you are not relaxed and under control.