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: 3:59:59		Treatment plan: Marek Jaroszewski	
Training	**Days to go**	**Data**	**km**	**Name**	**Time**	**Workout Details/Suggested Pace**	**Training description**
37	26	2025-03-11	6km	Leading race	40-50 min	Warm-up: 1km Pace 6:30 / Warm-up exercises: 10 Min 5km Pace 6:30	The exercises available are available as part of a training plan that challenges the participants in the training. They should be able to do it at a slow pace, allowing for relaxation and securing energy for the actions.
38	25	2025-03-12	6 km	Pace 2-1-0.5	40-50 min	Warm-up: 1km at 6:30 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; 1x500m at 85% of your pace with a 120s rest / Cool-down: 1500m at 6:30 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	6km	Interval	40-50 min	Warm-up: 1km at a pace of 6:30 min/km / Warm-up exercises: 10 min / Main part: Interval run: 10 x 200m pace of 5:00 min/km, 200m break at 6:00 / Cool-down: 1km at a pace of 6:30 min/km	Interval runs for training, which consist of connecting to run technical data and slow pace. In the case of 10x200m, you run 200 meters at a fast speed, then 200 meters at a calm pace for fulfillment. Repeat ten cycles 10 times to repair your durability and durability.
40	21	2025-03-16	15km	Long Run	1:10-1:20 hrs	Warm-up: 3 km at 6:00 pace, with about 1 km rest for exercises / Main part: 10 km run at 5:45 / Cool-down: 2 km run at 6:00 pace	This is the perfect time to pay attention to how our body is after the period of obligation and to regenerate strength before the next challenges.