ENERGA GDAŃSK MARATON

BROOKS

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

Week XI: March 18-23, 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
41	19	2025-03-18	6km	Easy Run	40-50 minutes	Warm-up: 1 km, 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.
42	18	2025-03-19	7km	500-meter jogs	40-50 minutes	Warm-up: 2km at 6:30 min/km pace / Warm-up exercises: 10 Min / Main part: 4x1000m. 500m at 5:20 min/km pace; 500m at 6:00 min/km pace. 120s rest. / Cool-down: 1000m run at 6:30 min/km pace	Each 1km repeat consists of two slow and two fast sections. The fast sections should be intense, but not so intense that you have to walk the slower sections. The aim is to keep moving for the entire 1km, with a good rest break between each repeat.
43	16	2025-03-21	13km	Continuous run 2x5km	1:30-1:40min	Warm-up: 2km at a pace of 6:30 min/km / Warm-up exercises: 10 Min / Main part 2x5km at a pace of 5:40, rest 120s / Cool-down: 1km run at a pace of 6:30	Today we focus on continuous running, trying to maintain a steady pace. Although it may seem slow at first, it is worth introducing this element, especially as you get closer to the marathon. Continuous running is a great way to introduce fatigue into the legs and simulate the stress of an intense marathon run. It is also a great opportunity to practice pacing and maintaining control from start to finish.
44	14	2025-03-23	25km	1km by 1km	1:55-2:20	Warm-up: 3 km at 6:30 pace, with a break every 1 km for stretching exercises / Main part: Run 20 km alternating run every 1 km, fast from 5:20 - 5:30 - 1 km slow 6:00 - 6:10 / Cool-down: 2 km run at 6:30 pace	Today we have a mixed run. The 1 km distance should be a little faster 80% of your ability, while the next 1 km should be a little slower 70% of your ability. The goal is to continue running without walking or static breaks between reps!