



KOŠICE
PEACE
MARATHON

EUROPE'S OLDEST · SINCE 1924

BEGINNER
10 KM / RELAY



**FINE-TUNE
YOUR FORM
FOR KOŠICE
MARATHON**

*What your **marathon training plan**
may look like*

GO 10 KILOMETRES WITH US

The successful conquering of the 10 km distance on the Košice Marathon course doesn't have to be an unfulfilled resolution.

This year you, too, can cross the finish line of the oldest marathon in Europe along with thousands of other runners on the first Sunday in October!

*To help your goal become a reality, we've compiled a **universal training plan** that will show you one of the several possible paths to preparing for this distance and after making it to the finish line for that hoped for medal from Košice.*



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"Don't be frightened and begin with preparation freely, even though it seems that you can already handle more."

1ST WEEK / 15. 6. – 21. 6.

MO day off

TU stretching – strengthening with your own body weight

WE trot 3 km – on the flat

TH stretching

FR trot 3 km – on the flat

SA day off or bike 60 min.

SU 1 km jog – stretching – 2 km jog

2ND WEEK / 22. 6. – 28. 6.

MO day off

TU stretching

WE 1 km jog, 3 x 500 m for feeling at a moderate pace, 1 km jog

TH stretching or swimming 500 – 800 m

FR trot 3 km – on the flat

SA day off or bike 60 min.

SU 1 km jog – stretching – 2 km jog



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3RD WEEK / 29.6. – 5.7.

MO	day off
TU	stretching – strengthening with your own body weight
WE	1 km jog, 5 x 200 m for feeling at a moderate pace, 1 km jog
TH	stretching or swimming 500 – 800 m
FR	trot 3 km – in the forest
SA	day off or bike 60 min.
SU	1 km jog – stretching – 2 km jog

4TH WEEK / 6.7. – 10.7.

MO	day off
TU	stretching
WE	1 km jog, 4 x 500 m for feeling at a moderate pace, 1 km jog
TH	stretching or swimming 500 – 800 m
FR	4 km trot – on the flat, strengthening with your own body weight
SA	day off or bike 60 min.
SU	1 km jog – stretching – 2 km jog



*"Races are often
the best training.
They teach you a lot."*



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5TH WEEK / 13. 7. – 19. 7.

MO	day off
TU	4 km trot – on the flat, strengthening with your own body weight
WE	stretching
TH	1 km jog, 3 km at a moderate pace 65 – 75% max HR (heart rate)
FR	1 km trot, fartlek 3 x (1 minute at pace – 2 minutes easy trot)
SA	day off or swimming 500 – 800 m
SU	1 km jog, 5 km at a moderate pace 65 – 75% max HR (heart rate)

6TH WEEK / 20. 7. – 26. 7.

MO	day off
TU	4 km trot – on the flat, strengthening with your own body weight
WE	stretching
TH	1 km jog, 3 x 1 km at a moderate pace 65 – 75% max HR (heart rate)
FR	4 km trot – on the flat, strengthening with your own body weight
SA	day off or bike 60 min.
SU	1 km jog, 5 km at a moderate pace 65 – 75% max HR (heart rate)



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7TH WEEK / 27. 7. – 2. 8.

MO	day off
TU	4 km trot – on the flat, strengthening with your own body weight
WE	stretching
TH	1 km jog, 4 km at a moderate pace 65 – 75% max HR (heart rate)
FR	4 km trot – on the flat, strengthening with your own body weight
SA	day off or swimming 500 – 800 m
SU	1 km jog, 6 km at a moderate pace 65 – 75% max HR (heart rate)

8TH WEEK / 3. 8. – 9. 8.

MO	day off
TU	4 km trot – on the flat, strengthening with your own body weight
WE	stretching
TH	trot 5 km – terrain, in the forest
FR	4 km trot – on the flat, strengthening with your own body weight
SA	day off or bike 60 min.
SU	1 km jog, 6 km at a moderate pace 65 – 75% max HR (heart rate)

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„Rozvíjaj tempovú vytrvalosť
na úsekoch a fartlekoch.
Bez takýchto tréningov sa iba
ťažko budeš zlepšovať.“



9TH WEEK / 10. 8. – 16. 8.

MO	day off
TU	trot 4 km – on the flat
WE	stretching, bodyweight exercises
TH	trot 5 km – terrain, in the forest
FR	1 km jog, 4 x 1 km at a moderate pace, 3 min. break, 1 km jog
SA	day off or swimming 500 – 800 m
SU	1 km jog, 6 km at a moderate pace 65 – 75% max HR (heart rate)

10TH WEEK / 17. 8. – 23. 8.

MO	day off
TU	trot 5 km – on the flat
WE	stretching, bodyweight exercises
TH	trot 7 km – on the flat
FR	fartlek, 1 km jog, 3 x 2 min. load in the upper aerobic zone, 4 min. rest, free intermediate jog
SA	day off or bike 60 min.
SU	1 km jog, 2 x 2 km at a moderate pace, 3 min. break, 1 km jog



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11TH WEEK / 24. 8. – 30. 8.

- MO** day off
- TU** trot 5 km – on the flat
- WE** stretching or strengthening with your own body weight
- TH** trot 6 km – terrain, in the forest
- FR** 1 km jog, 2 x 2 km at a moderate pace
- SA** day off or swimming 500 – 800 m
- SU** trot 7 km at a moderate pace 65 – 75% max HR (heart rate)

12TH WEEK / 31. 8. – 6. 9.

- MO** day off
- TU** trot 5 km – terrain, in the forest
- WE** stretching, bodyweight exercises
- TH** trot 7 km – on the flat
- FR** fartlek, 1 km jog, 2 x 2 min. load in the upper aerobic zone, 4 min. rest, free intermediate jog
- SA** day off or bike 60 min.
- SU** trot 5 km – on the flat





13TH WEEK / 7. 9. – 13. 9.

MO	day off
TU	trot 4 km – on the flat
WE	stretching, bodyweight exercises
TH	1 km jog, 4 x 1 km at pace, 1 km jog
FR	trot 6 km – terrain, in the forest
SA	day off or swimming 500 – 800 m
SU	trot 8 km at a moderate pace 65 – 75% max HR (heart rate)

14TH WEEK / 14. 9. – 20. 9.

MO	day off
TU	trot 5 km – on the flat
WE	stretching, bodyweight exercises
TH	1 km jog, 2 x 2 km at pace, 1 km jog
FR	trot 7 km – on the flat
SA	day off or bike 60 min.
SU	trot 8 km at a moderate pace 65 – 75% max HR (heart rate)

“Don't forget sufficient sleep and rest.”



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„Don't experiment with a drinking regimen and gels only at the marathon; try them out in advance on training runs.“



15TH WEEK / 21. 9. – 27. 9.

MO	day off
TU	trot 4 km – on the flat
WE	stretching
TH	fartlek, 1 km jog, 2 x 3 min. load in the upper aerobic zone, 6 min. rest, free intermediate jog
FR	trot 6 km – terrain, in the forest
SA	day off or swimming 500 – 800 m
SU	trot 6 km at a moderate pace 65 – 75% max HR (heart rate)

16TH WEEK / 28. 9. – 4. 10.

MO	1 km jog, 3 x 1 km at a moderate pace
TU	trot 4 km
WE	2 km jog, stretching, 2 km jog
TH	trot 4 km
FR	1 km jog, stretching
SA	day off
SU	RACE DAY – KOŠICE PEACE MARATHON

CONTINUOUS RUN (CR) – an uninterrupted slow run in the aerobic zone.

Effect – development of general running endurance, positive physiological stimulation of the organism (cardiovascular system, respiration system, immune system) in the undemanding effort zone.

FARTLEK – a continuous run at an alternating pace; the increased training demand is determined by the intensity of the running pace (at a 5 km or 10 km pace) and the amount of time that the runner persists at that pace (the pace of the fartlek interval). We always begin a fartlek run with at least 7 to 10 minutes of easy jogging (1.5 – 2 km) that lasts until we start to run the faster intervals, that is the fartlek itself. Likewise, at the end of a fartlek run we do another 7 to 10 minutes of jogging. We never interrupt fartlek running with walking, but after periods of increase effort, running at an easier pace for twice the time duration of the increased period of effort follows.

Effect – stimulation of running endurance ability in the VO₂ max. zone, where effective development of metabolic mechanisms of a functioning organism in the aerobic effort zone occurs (enzymatic resistance to the accumulation of lactate).

LONG RUN (LR) – a continuous long run; in our case these are the more demanding training runs, requiring at least 18 km at an even running pace in a pleasant natural environment, where the volume of kilometres run is the crucial element.


Effect – stimulation of the runner's endurance, which is conditioned by energy-use mechanisms for the processing glycogen and lipids. A long run does a good job stimulating the cardiovascular system, the respiratory system and metabolic systems for sugar and lipids. Beware, however, as a demanding long-distance run has an immunosuppressive effect; therefore, it's necessary to take in increased nutrients after completing such a run.

HILLS – repeated running of hills of a set length (we recommend at the runner's 5 km race pace); after completing a segment (the hill), the runner returns to the start of the segment. Hill-training has an identical construction as interval training.

Effect – stimulation of the power capability of the runner and improving the rebound phase in the runner's stride. An effective means of practice for the runner's posture stability – the so-called runner's bow.

INTERVALS – interrupted running intervals at a set running pace. We always start the training with jogging, warming up, the runner's alphabet and preparatory sprints (5 x 100 m). The main content (the intervals) of the session then follows; these are alternating types of effort, where after an intensive effort, the runner goes through a phase of rest by walking or jogging with moderate breathing and then runs another interval. The training finishes with a jog of 1.5 – 2 km.

Effect – like fartlek, it stimulates metabolic processes of the runner's organism in the VO₂ max zone, or in the lower threshold zone of aerobic-anaerobic effort, thus creating a buffer reserve for the marathon pace, which the runner subjectively doesn't feel as a limited running pace.



*"Run when you can, walk if
you have to, crawl if you must,
just never give up."*

Dean Karnazes (USA)
Ultramarathoner



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