KOŠICE PEACE MARATHON 2026

EUROPE'S OLDEST · SINCE 1924

MARATHON 42 KM

FINE-TUNE YOUR FORM FOR KOŠICE MARATHON

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

KOŠICE
PEACE
MARATHON

GO 42 KILOMETRES WITH US

The successful conquering of 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 the marathon and 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 – 5th week

WEEK	MO	TU	WE	TH	FR	SA	SU
1W 18. 5. – 24. 5.	–	**CR** 5 km	**CR** 6.5 km	**CR** 6.5 km	–	**CR** 5 km	**CR** 10 km
2W 25. 5. – 31. 5.	–	**CR** 5 km	**CR** 8 km	**CR** 5 km	–	**CR** 5 km	**CR** 11 km
3W 1. 6. – 7. 6.	–	**CR** 8 km	**FARTLEK** 7 km	**CR** 5 km	–	**CR** 5 km	**CR** 13 km
4W 8. 6. – 14. 6.	–	**CR** 5 km	**FARTLEK** 7 km	**CR** 6.5 km	–	**CR** 5 km	**CR** 16 km
5W 15. 6. – 21. 6.	–	**CR** 5 km	**HILLS** 4 – 5 x 300 m	**CR** 6.5 km	–	**CR** 5 km	**LR** 19 km

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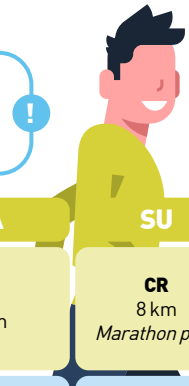
6th – 10th week

"Develop pace endurance with intervals and fartlek. Without such training you'll have a hard time improving."



WEEK	MO	TU	WE	TH	FR	SA	SU
6W 22. 6. – 28. 6.	–	**CR** 6.5 km	**FARTLEK** 7 km	**CR** 10 km	–	**CR** 8 km	**CR** 8 km *Marathon pace*
7W 29. 6. – 5. 7.	–	**CR** 5 km 3x	**INTERVALS** 6 x 1 km	**CR** 8 km	–	**CR** 5 km	**LR** 20 km
8W 6. 7. – 12. 7.	–	**CR** 10 km	**CR** 8 km	**CR** 10 km	–	**CR** 8 km	**CR** 15 km
9W 13. 7. – 19. 7.	–	**CR** 6.5 km	**INTERVALS** 4 x 2 km	**CR** 11 km	–	**CR** 5 km	**LR** 22 km
10W 20. 7. – 26. 7.	–	**CR** 11 km	**CR** 10 km	**CR** 11 km	–	**CR** 10 km	**CR** 14 km *Marathon pace*

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

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11th – 15th week

WEEK	MO	TU	WE	TH	FR	SA	SU
11W 27. 7. – 2. 8.	–	**CR** 8 km	**HILLS** 4 – 5 x 300 m	**CR** 12 km	–	**CR** 5 km	**LR** 22 km
12W 3. 8. – 9. 8.	–	**CR** 8 km	**INTERVALS** 3 x 1.5 km	**CR** 12 km	–	**CR** 2 – 3 km	10 km **RACE**
13W 10. 8. – 16. 8.	–	**CR** 8 km	**INTERVALS** 6 x 1 km	**CR** 12 km	–	**CR** 5 km	**CR** 15 km *Marathon pace*
14W 17. 8. – 23. 8.	–	**CR** 10 km	**FARTLEK** 7 km	**CR** 12 km	–	**CR** 2 – 3 km	10 km **RACE** or **LR** 18 km
15W 24. 8. – 30. 8.	–	**CR** 10 km	**INTERVALS** 4 x 2 km	**CR** 13 km	–	**CR** 5 km	**LR** 22 – 24 km

"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 in advance on training runs."

16th – 20th week

WEEK	MO	TU	WE	TH	FR	SA	SU
16W 31. 8. – 6. 9.	–	**CR** 10 km	**INTERVALS** 5 x 1.5 km	**CR** 15 km	–	**CR** 6.5 km	10 km **RACE** or **LR** 18 km
17W 7. 9. – 13. 9.	–	**CR** 8 km	**CR** 5 km	**CR** 8 km	–	**CR** 5 km	**LR** 25 – 28 km
18W 14. 9. – 20. 9.	–	**CR** 8 km	**CR** 10 km	**CR** 13 km	–	**CR** 6.5 km	**CR** 19 km
19W 21. 9. – 27. 9.	–	**CR** 8 km	**CR** 6.5 km	**CR** 10 km	–	**CR** 5 km	**LR** 20 – 22 km
20W 28. 9. – 4. 10.	–	**CR** 5 km	**FARTLEK** 7 km	–	–	**CR** 3 km	**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.*

RECOMMENDED PACE*

Marathon 4:00:00 hr.
5:40 min./km, (marathon race pace)
Continuous run (CR)
6:45 min./km
Fartlek – 100 m
29 sec., (pace 10 km = 4:50 min./km)
Long run (LR)
6:45 min./km – 6:55 min./km
Intervals of 1 km
4:50 min./km (training pace)
Intervals of 1.5 km
4:50 min./km (training pace)
Intervals of 2 km
5:00 min./km (training pace)
Long hills 100 m
28 sec. (pace 5 km = 4:40 min./km)

** We recommend that runners who want to finish the marathon in under 4 hours appropriately modify the long training runs and increase the individual training pace.*

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KOŠICE MARATHON CLUB

PROGRESS PROMOTION

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