



*TOGETHER,
WE MAKE
RUNNING
BEAUTIFUL*

WELCOME, RUNCZECH FIT WALKERS

RunCzech has been creating unforgettable running experiences for more than three decades, bringing athletes from all over the world to the streets of Prague and beyond. Each of our races is designed to celebrate movement, community, and the joy of discovering what your body can achieve. Our vision has always been simple: make running accessible, meaningful, and inspiring for everyone—whether you're chasing a new personal best or lacing up for your very first event.

These training plans were created to help you prepare for your RunCzech race in a structured and informed way. We believe that good preparation builds confidence and turns every step of the journey into something you can truly enjoy. We hope to support you not only on race day, but throughout your entire training experience. Above all, these plans embody our motto: **ALL RUNNERS ARE BEAUTIFUL**. Every pace, every goal, every story belongs here. And we're excited to be part of yours.

GENERAL PREPARATION ADVICE FOR 6–7 HOUR MARATHON FINISHERS

Preparing for a marathon with a target finish time between 6 and 7 hours requires a patient, structured, and realistic approach. Whether you plan to run continuously, combine running and walking, or complete most of the distance by walking, the principles of preparation remain the same: build endurance gradually, train consistently, and manage effort wisely.

BUILD ENDURANCE THROUGH LONG, STEADY SESSIONS

Long training sessions are the foundation of successful marathon preparation at this finish time. These sessions should focus on duration and sustainability, not speed. A typical example from effective preparation includes long efforts of 16–34 km at an easy intensity (approximately 75 % of maximum heart rate), where you are able to maintain conversation and finish feeling tired but not exhausted.

These long sessions help you:

- adapt your muscles and joints to prolonged load
- practice fueling and hydration
- build confidence in your ability to stay moving for several hours

INCLUDE VARIETY AND CONTROLLED INTENSITY DURING THE WEEK

In addition to long sessions, shorter and medium-length workouts improve efficiency and prevent stagnation. A practical example includes medium sessions of 9–11 km, combining easy movement with controlled effort, such as:

- 5–7 km at a steady, moderate intensity (around 80 % HR)
- or interval segments like 5–7 × 1 000 m at controlled effort with active recovery



IMPORTANT TO NOTE

Shorter sessions often include brief faster segments, for example 100–200 m intervals at higher effort, followed by full recovery. These are not about speed, but about improving coordination, posture, and movement economy.

STRENGTH, TECHNIQUE, AND POSTURE MATTER

Basic strength and stability exercises play a key role in sustaining form late in the race. Proven, simple examples include:

- Plank holds (3–4 × 50 seconds) to strengthen the core
- Push-ups (3–4 × 10 repetitions) to support posture and arm drive
- Short technique drills focusing on upright posture, relaxed shoulders, and efficient arm swing

These exercises help reduce fatigue-related breakdown in form, especially during the final third of the marathon.

FOR RUNNERS AND RUN-WALK ATHLETES

If you plan to run part of the marathon, focus on effort rather than pace. Most training should feel easy, allowing you to recover well between sessions. Many successful 6–7 hour finishers use a planned run-walk strategy, which should be practiced during long training sessions— alternating easy running with short, regular walking breaks.



This approach helps:

- control heart rate
- preserve energy
- reduce muscle fatigue over the full distance

FOR WALKERS AND FITWALKERS

If walking will be your primary mode of movement, preparation should emphasize rhythm, posture, and consistency. Long walks at steady effort, combined with shorter sessions that include technique focus, are ideal. Maintaining an upright position and relaxed, efficient movement becomes increasingly important as fatigue accumulates.



REDUCE TRAINING VOLUME BEFORE RACE DAY

The final phase before the marathon is about doing less, not more. In the final 10–14 days, training volume should be significantly reduced while keeping some light movement to stay sharp. Short, easy sessions replace long efforts, allowing your body to recover fully and absorb the work you've done.

Arriving at the start line rested, healthy, and confident is far more important than squeezing in extra training at the last moment.

PACERS ON RACE DAY

To support participants aiming for a 6–7 hour finish, official pacers will be available for the following target times:

- 6:00 hours
- 6:15 hours
- 6:30 hours
- 6:45 hours
- 7:00 hours

Running or walking with a pacer can help you maintain steady effort, manage pace, and avoid starting too fast—one of the most common mistakes in marathon racing.



FITWALKING TRAINING PROGRAM – MARATHON

Training program designed to complete a MARATHON in 6–7 hours at a FITWALKING pace, designed for both beginners and intermediate athletes.

WEEK 1

19.1. - 25.1.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 5 × 200 m intervals at 90% HR, 1' recovery
- 1' technique drills
- 3 × 10 push-ups, 30" recovery
- 3 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (9 km)

- 3 km easy walk warm-up
- 5 km walk at 80% HR
- 1 km easy walk cool-down
- Stretching

Saturday:

LONG workout (10 km)

- 10 km walk at 75% HR
- Stretching

WEEK 2

26.1. - 1.2.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 10 × 100 m intervals at 90% HR, 1' recovery
- 3 × 10 push-ups, 30" recovery
- 3 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (9 km)

- 3 km easy walk warm-up
- 5 × 1000 m intervals at 85% HR, 3' active recovery
- 1 km easy walk cool-down
- Stretching

Saturday:

LONG workout (12 km)

- 12 km walk at 75% HR
- Stretching

WEEK 3

2.2. - 8.2.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 5 × 200 m intervals at 90% HR, 1' recovery
- 1' technique drills
- 3 × 10 push-ups, 30" recovery
- 3 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (10 km)

- 3 km easy walk warm-up
- 6 km walk at 80% HR
- 1 km easy walk cool-down
- Stretching

Saturday:

LONG workout (14 km)

- 14 km walk at 75% HR
- Stretching

WEEK 4

9.2. - 15.2.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 10 × 100 m intervals at 90% HR, 1' recovery
- 3 × 10 push-ups, 30" recovery
- 3 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (9 km)

- 3 km easy walk warm-up
- 5 × 1000 m intervals at 85% HR, 3' active recovery
- 1 km easy walk cool-down
- Stretching

Saturday:

LONG workout (16 km)

- 16 km walk at 75% HR
- Stretching

WEEK 5

16.- 22.2.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 5 × 200 m intervals at 90% HR, 1' recovery
- 1' technique drills
- 3 × 10 push-ups, 30" recovery
- 3 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (10 km)

- 3 km easy walk warm-up
- 6 km walk at 80% HR
- 1 km easy walk cool-down
- Stretching

Saturday:

LONG workout (18 km)

- 18 km walk at 75% HR
- Stretching

WEEK 6

23.2. - 1.3.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 10 × 100 m intervals at 90% HR, 1' recovery
- 3 × 10 push-ups, 30" recovery
- 3 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (9 km)

- 3 km easy walk warm-up
- 5 × 1000 m intervals at 85% HR, 3' active recovery
- 1 km easy walk cool-down
- Stretching

Saturday:

LONG workout (20 km)

- 20 km walk at 75% HR
- Stretching

WEEK 7

2.- 8.3.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 5 × 200 m intervals at 90% HR, 1' recovery
- 1' technique drills
- 3 × 10 push-ups, 30" recovery
- 3 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (10 km)

- 3 km easy walk warm-up
- 6 km walk at 80% HR
- 1 km easy walk cool-down
- Stretching

Saturday:

LONG workout (22 km)

- 22 km walk at 75% HR
- Stretching

WEEK 8

9.- 15.3.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 10 × 100 m intervals at 90% HR, 1' recovery
- 4 × 10 push-ups, 30" recovery
- 4 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (10 km)

- 3 km easy walk warm-up
- 6 × 1000 m intervals at 85% HR, 3' active recovery
- 1 km easy walk cool-down
- Stretching

Saturday:

LONG workout (24 km)

- 24 km walk at 75% HR
- Stretching

WEEK 9

16.- 22.3.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 5 × 200 m intervals at 90% HR, 1' recovery
- 1' technique drills
- 4 × 10 push-ups, 30" recovery
- 4 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (11 km)

- 3 km easy walk warm-up
- 7 km walk at 80% HR
- 1 km easy walk cool-down
- Stretching

Saturday:

LONG workout (26 km)

- 26 km walk at 75% HR
- Stretching

WEEK 10

23. - 29.3.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 10 × 100 m intervals at 90% HR, 1' recovery
- 4 × 10 push-ups, 30" recovery
- 4 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (10 km)

- 3 km easy walk warm-up
- 6 × 1000 m intervals at 85% HR, 3' active recovery
- 1 km easy walk cool-down
- Stretching

Saturday:

LONG workout (28 km)

- 28 km walk at 75% HR
- Stretching

WEEK 11

30.3. - 4.4.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 5 × 200 m intervals at 90% HR, 1' recovery
- 1' technique drills
- 4 × 10 push-ups, 30" recovery
- 4 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (11 km)

- 3 km easy walk warm-up
- 7 km walk at 80% HR
- 1 km easy walk cool-down
- Stretching

Saturday:

LONG workout (30 km)

- 30 km walk at 75% HR
- Stretching

WEEK 12

5. - 12.4.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 10 × 100 m intervals at 90% HR, 1' recovery
- 4 × 10 push-ups, 30" recovery
- 4 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (11 km)

- 3 km easy walk warm-up
- 7 × 1000 m intervals at 85% HR, 3' active recovery
- 1 km easy walk cool-down
- Stretching

Saturday:

LONG workout (32 km)

- 32 km walk at 75% HR
- Stretching

WEEK 13

13. - 19.4.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 5 × 200 m intervals at 90% HR, 1' recovery
- 1' technique drills
- 4 × 10 push-ups, 30" recovery
- 4 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (11 km)

- 3 km easy walk warm-up
- 7 km walk at 80% HR
- 1 km easy walk cool-down
- Stretching

Saturday:

LONG workout (34 km)

- 34 km walk at 75% HR
- Stretching

WEEK 14

20. - 26.4.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 10 × 100 m intervals at 80% HR, 1' recovery
- 4 × 10 push-ups, 30" recovery
- 4 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (8 km)

- 3 km easy walk warm-up
- 4 × 1000 m intervals at 80% HR, 3' active recovery
- 1 km easy walk cool-down
- Stretching

Saturday:

LONG workout (10 km)

- 10 km walk at 75% HR
- Stretching

WEEK 15

27.4. - 3.5.

Tuesday:

SHORT workout (5 km)

- 3 km easy walk warm-up
- 5 × 200 m intervals at 80% HR, 1' recovery
- 1' technique drills
- 4 × 10 push-ups, 30" recovery
- 4 × 50" plank, 10" recovery
- 1 km easy walk cool-down
- Stretching

Thursday:

MEDIUM workout (9 km)

- 3 km easy walk warm-up
- 5 km walk at 80% HR
- 1 km easy walk cool-down
- Stretching

3.5. RACE DAY

Prague International Marathon



MEET THE COACH: ARIANNA PETTI (ITA)

Certified Fitwalking Instructor, Fitwalking Coach for the Italian Athletics Federation, and Vice President of Fitwalking section of sport club. As a Fitwalking athlete, Arianna has participated in over one hundred marathons and half marathons.

Since 2014, Arianna has been coaching Fitwalking groups and developing personalized training programs in preparation for road races of various distances.

Since 2018, she has been part of the Pacer Team at several internationally renowned marathons and half marathons.