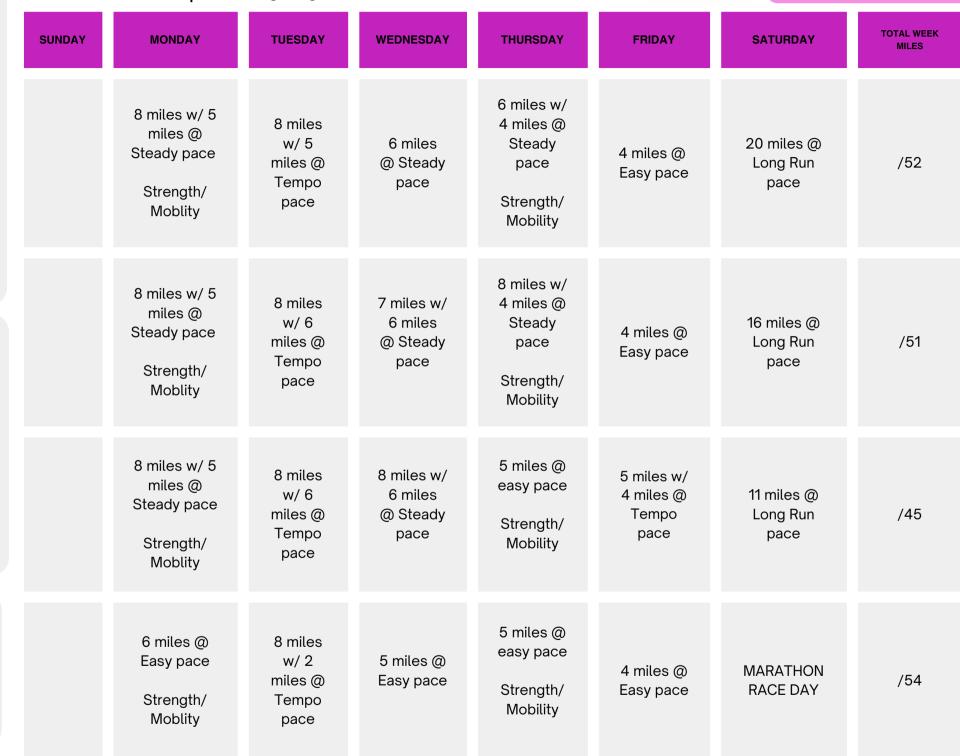
## 4:00 STG Marathon Ready \* Set \* Race marathon pace: 9:09 These last four weeks will include your highest mileage week, taper weeks, and, best of all, race Print the calendar and post it where you can see it daily. Mark off each day. Make notes about how each run feels! How was your pace? Heart rate? TUESDAY **SUNDAY MONDAY** How much water did you drink? How many carbs did you take in? Now is the time to dial all those in. HIGHEST MILEAGE This is a critical time in your training, and understanding how to build up to your peak mileage while staying healthy—both physically and mentally—is key to crossing that finish line strong. More Here. 8 miles w/5 8 miles miles @ TAPER WEEKS w/ 5 Steady pace These weeks are not just a break for your body, but miles @ a strategic move to enhance your performance on the big day. The cut-back and taper weeks are your allies in reaching the finish line with strength and a smile. More <u>Here</u>. Tempo Strength/ By adding mobility exercises to your taper, you're essentially bulletproofing your body against the pace Moblity ommon injuries that can sabotage your race day RACE WEEK Is it really here? All the training has finally brought you here. Trust your training. Pray for good weather. Enjoy the expo. Get your #FlatMe ready.

YOU GOT THIS

Final 4-weeks to St George Marathon!



st. george RUNNING CENTER

**WEEK 4-TO-**

**RACE WEEK** 

SEPT 8 - OCT 5

\*Zones: These are based on a % of heart rate.

Zone 1/Warmup = 50-60% MHR = <11:45 m/m Zone 2/Easy Pace = 60-70% MHR = 11:45-10:45 m/m Zone 3/Long Run Pace = 70-80% MHR = 10:30-10:00 m/m Zone 4/Steady Pace = 80-85% MHR = 10:00-9:00 m/m Zone 5/Tempo Pace = 85-90% MHR = 9:00-8:45 m/m Lactate Testing is the most exact way to find your body's exact zones.