

4:00 STG Marathon

marathon pace: 9:09



WEEK 4 - TO-
RACE WEEK
SEPT 8 - OCT 5

Ready * Set * Race

These last four weeks will include your highest mileage week, taper weeks, and, best of all, race week!
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? 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.](#)

TAPER WEEKS

These weeks are not just a break for your body, but 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 Here.](#)

By adding [mobility exercises](#) to your taper, you're essentially bulletproofing your body against the common injuries that can sabotage your race day performance.

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. [Let's Go!](#)

HOW ARE YOU FEELING



NOTES



YOU GOT THIS

Final 4-weeks to St George Marathon!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL WEEK MILES
	8 miles w/ 5 miles @ Steady pace Strength/ Mobility	8 miles w/ 5 miles @ Tempo pace	6 miles @ Steady pace	6 miles w/ 4 miles @ Steady pace Strength/ Mobility	4 miles @ Easy pace	20 miles @ Long Run pace	/52
	8 miles w/ 5 miles @ Steady pace Strength/ Mobility	8 miles w/ 6 miles @ Tempo pace	7 miles w/ 6 miles @ Steady pace	8 miles w/ 4 miles @ Steady pace Strength/ Mobility	4 miles @ Easy pace	16 miles @ Long Run pace	/51
	8 miles w/ 5 miles @ Steady pace Strength/ Mobility	8 miles w/ 6 miles @ Tempo pace	8 miles w/ 6 miles @ Steady pace	5 miles @ easy pace Strength/ Mobility	5 miles w/ 4 miles @ Tempo pace	11 miles @ Long Run pace	/45
	6 miles @ Easy pace Strength/ Mobility	8 miles w/ 2 miles @ Tempo pace	5 miles @ Easy pace	5 miles @ easy pace Strength/ Mobility	4 miles @ Easy pace	MARATHON RACE DAY	/54

*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.