

**How to use this Training Plan**

**STEP 1**

Get your shoes and all your other gear ready. (no cotton socks, correct hydration, etc.) Follow St George Running Store, they always have great gear advice.  
Get your friends to join you!  
Or join meet up with the Running Group

**STEP 2**

Find a great 3-mile course - do a "race" on that course. Record all your data: pace, heart rate, and how you felt. More details on a 30-minute time trial [here](#). (Be ready to see improvement over the next 16 weeks!)  
You may want to do "Lactate testing with PR Performance Lab, which will help you know your exact zones. More on that [here](#).

**STEP 3**

Print the calendar - post where you can see it daily. Mark off each day you complete. Make notes of how each run feels!  
If you train with a gps/running watch - program the training into the watch.  
If you would rather have them "magically" show up on your watch, you can do that [here](#).

**STEP 4**

Know this is a guideline - you do not have to follow it exactly. If you like long runs on Sundays - do it. If you like Speed work on Mondays, do it.  
You can move things around to make it all fit in your life!

**STEP 5**

Know that PR Performance Lab is here for you! If you want a more personalized plan, join our 12-week strength & mobility program, need help with an injury, or want to increase your performance. All the things!

**HOW ARE YOU FEELING**



**NOTES**



**YOU GOT THIS**

**Congratulations on registering for the St George Marathon!**

Your St George Running Center 12-week plan is set to begin July 14th! The plan is written assuming you have reached a base of at least 18-22 miles per week. If you have not, we suggest choosing a training schedule slightly slower.  
We wish you the best in your StG Marathon Goals!

# 4:15 STG Marathon

marathon pace: 9:44



**WEEK 16-13**  
**JUNE 16 - JULY 13**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL WEEK MILES
	4 miles *Easy pace  Strength/ Mobility	4 mile @ Easy pace	3 miles @ Steady pace	4 miles @ easy pace  Strength/ Mobility		5 miles @ Easy pace	/20
	4 miles Easy pace  Strength/ Mobility	4 miles @ Easy Pace	4 miles @ Steady pace	4 miles @ easy pace  Strength/ Mobility		6 miles @ Easy pace	/22
	5 miles @ Easy pace  Strength/ Mobility	4 miles @ Easy Pace	3 miles @ Steady Pace	4 miles @ easy pace  Strength/ Mobility		6 miles @ Easy pace	/22
	5 miles @ Easy pace  Strength/ Mobility	5 miles @ Easy pace	3 miles @ Steady pace	5 miles @ easy pace  Strength/ Mobility		7 miles @ Easy pace	/25

\*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 = 11:30-10:00 m/m
- Zone 4/**Steady Pace** = 80-85% MHR = 10:00-9:40 m/m
- Zone 5/**Tempo Pace** = 85-90% MHR = 9:40-9:25 m/m

Lactate Testing is the most exact way to find your body's exact zones.

**Things to remember while training**

**STEP 1**

Get your shoes & other gear ready. (no cotton socks, correct hydration, etc.) Be sure to try Huma & flavor, as that will be on the course.  
Follow St George Running Store; they always have excellent gear advice.  
Get your friends to join you!  
Or join meet up with a local Running Group.

**STEP 2**

Print the calendar and post it where you can see it daily. Mark off each day you complete it, and make notes of how each run feels.  
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**STEP 4**

Know that PR Performance Lab is here for you! Now is a great time to join our 12-week strength & mobility program.  
Our running assessment can help you with an injury or increase your performance.  
Our Sweat test can help you dial in your exact hydration level.

**HOW ARE YOU FEELING**



**NOTES**



**YOU GOT THIS**

**12 weeks out from St George Marathon!**

# 4:15 STG Marathon

marathon pace: 9:44



**WEEK 12-9**  
**JULY 14 - AUG 10**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL WEEK MILES
	3 miles *Easy pace  Strength/ Mobility	5 miles w/ 3 miles @ Tempo pace	3 miles @ Steady pace	5 miles @ easy pace  Strength/ Mobility	3 miles @ Easy pace	6 miles @ Easy pace	/25
	5 miles Easy pace  Strength/ Mobility	5 miles w/ 3 miles @ Tempo pace	3 miles @ Steady pace	5 miles @ easy pace  Strength/ Mobility	3 miles @ Easy pace	9 miles @ Long Run pace	/30
	7 miles w/ 4 miles @ Steady pace  Strength/ Mobility	5 miles w/ 3 miles @ Tempo pace	4 miles @ Steady Pace	5 miles @ Easy pace  Strength/ Mobility	3 miles @ Easy pace	10 miles @ Long Run pace	/34
	7 miles w/ 4 miles @ Steady pace  Strength/ Mobility	5 miles w/ 4 miles @ Tempo pace	4 miles @ Steady pace	3 miles @ easy pace  Strength/ Mobility	5 miles @ Easy pace	11 miles @ Long Run pace	/35

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Zone 3/Long Run Pace = 70-80% MHR = 11:30-10:00 m/m Zone 4/Steady Pace = 80-85% MHR = 10:00-9:40 m/m

Zone 5/Tempo Pace = 85-90% MHR = 9:40-9:25 m/m

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# 4:15 STG Marathon

marathon pace: 9:44



WEEK 8-5  
AUG 11 - SEPT 7

### Mark \* Set \* Go

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#### STEP 2

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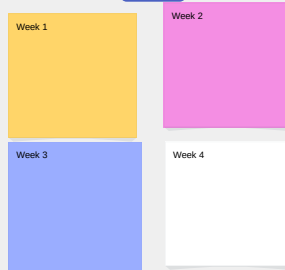
#### STEP 4

Know that PR Performance Lab is here for you! Now is a great time to join our 8-week strength downhill running program. [Here](#). Our running assessment can help you with an injury or increase your performance. Our Sweat test can help you dial in your exact hydration level.

### HOW ARE YOU FEELING



#### NOTES



#### YOU GOT THIS

**8 weeks out from St George Marathon!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL WEEK MILES
	7 miles w/ 4 miles @ Steady pace  Strength/ Moblity	5 miles w/ 4 miles @ Tempo pace	5 miles w/ 4 miles @ Steady pace	5 miles @ easy pace  Strength/ Mobility	3 miles @ Easy pace	11 miles @ Long Run pace	/36
	7 miles w/ 4 miles @ Steady pace  Strength/ Moblity	6 miles w/ 5 miles @ Tempo pace	7 miles w/ 4 miles @ Steady pace	6 miles @ easy pace  Strength/ Mobility	3 miles @ Easy pace	13 miles @ Long Run pace	/42
	7 miles w/ 4 miles @ Steady pace  Strength/ Moblity	5 miles @ Tempo pace	5 miles w/ 4 miles @ Steady pace	5 miles @ easy pace  Strength/ Mobility	3 miles @ Easy pace	11 miles @ Long Run pace	/36
	7 miles w/ 5 miles @ Steady pace  Strength/ Moblity	6 miles @ Tempo pace	7 miles w/ 5 miles @ Steady pace	6 miles @ easy pace  Strength/ Mobility	3 miles @ Easy pace	18 miles @ Long Run pace	/47

\*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 = 11:30-10:00 m/m    Zone 4/**Steady Pace** = 80-85% MHR = 10:00-9:40 m/m

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