

**How to use this Training Plan:**

**STEP 1**

Get your shoes & 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, 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, that 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 trainings 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. If you need help with strength training, with an injury, to increase your performance, dialing your exact zones, your nutrition. All the things!

**HOW ARE YOU FEELING**



**NOTES**



**YOU GOT THIS**

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

Your St George Running Center 16-week plan is set to begin June 17th! The plan is written with the assumption you have reached a base of at least 40 miles per week. If you have not, we suggest choosing a training schedule slightly slower.

We wish you the best in your St George Marathon Goals!

# 3:05 STG Marathon

marathon pace: 7:03



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL WEEK MILES
	5 miles *Easy pace  Strength/ Mobility	6 mile @ Easy pace	5 miles @ Steady pace	6 miles @ easy pace  Strength/ Mobility	5 miles @ Easy pace	7 miles @ Easy pace	/34
	6 miles Easy pace  Strength/ Mobility	7 miles @ Easy Pace	5 miles @ Steady pace	6 miles @ easy pace  Strength/ Mobility	4 miles @ Easy pace	8 miles @ Easy pace	/36
	5 miles @ Easy pace  Strength/ Mobility	8 miles @ Easy Pace	5 miles @ Steady Pace	8 miles @ easy pace  Strength/ Mobility	5 miles @ Easy pace	9 miles @ Easy pace	/40
	7 miles @ Easy pace  Strength/ Mobility	8 miles @ Easy pace	6 miles @ Steady pace	8 miles @ easy pace  Strength/ Mobility	5 miles @ Easy pace	14 miles @ Easy pace	/48

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

Zone 1/**Warmup** = 50-60% MHR = >9:30 m/m

Zone 2/**Easy Pace** = 60-70% MHR = 9:30-8:30 m/m

Zone 3/**Long Run Pace** = 70-80% MHR = 8:30-7:45 m/m

Zone 4/**Steady Pace** = 80-85% MHR = 7:45-7:00 m/m

Zone 5/**Tempo Pace** = 85-90% MHR = 7:00-6:45 m/m

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

**Things to remember while training**

**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.

**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. 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](#).

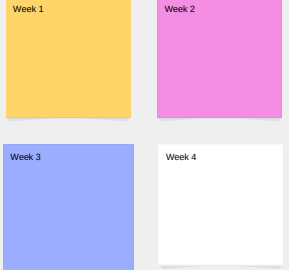
**3**  
Know that this is a guideline - you do not have to follow it exactly. If you like long runs on Sundays - do it. If you like Speed work on Mondays, do it. You can move things around to make it all fit in your life.

**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!**

# 3:05 STG Marathon

marathon pace: 7:03



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL WEEK MILES
	8 miles *Easy pace  Strength/ Mobility	8 miles w/ 3 miles @ Tempo pace	7 miles @ Steady pace	8 miles @ easy pace  Strength/ Mobility	6 miles @ Easy pace	12 miles @ Easy pace	/49
	9 miles Easy pace  Strength/ Mobility	8 miles w/ 3 miles @ Tempo pace	7 miles @ Steady pace	8 miles @ easy pace  Strength/ Mobility	6 miles @ Easy pace	14 miles @ Long Run pace	/52
	11 miles w/ 5 miles @ Steady pace  Strength/ Mobility	8 miles w/ 3 miles @ Tempo pace	8 miles W/ 6 miles @ Steady Pace	8 miles @ Easy pace  Strength/ Mobility	5 miles @ Easy pace	16 miles @ Long Run pace	/56
	11 miles w/ 5 miles @ Steady pace  Strength/ Mobility	8 miles w/ 4 miles @ Tempo pace	6 miles @ Steady pace	8 miles @ easy pace  Strength/ Mobility	7 miles @ Easy pace	18 miles @ Long Run pace	/58

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

Zone 1/Warmup = 50-60% MHR = >9:30 m/m  
 Zone 2/Easy Pace = 60-70% MHR = 9:30-8:30 m/m  
 Zone 3/Long Run Pace = 70-80% MHR = 8:30-7:45 m/m  
 Zone 4/Steady Pace = 80-85% MHR = 7:45-7:00 m/m  
 Zone 5/Tempo Pace = 85-90% MHR = 7:00-6:45 m/m  
 Lactate Testing is the most exact way to find your body's exact zones.

# 3:05 STG Marathon

marathon pace: 7:03



WEEK 8-5  
AUG 11 - SEPT 7

**Mark \* Set \* Go**

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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 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**

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**NOTES**

Week 1 Week 2  
Week 3 Week 4

**YOU GOT THIS**

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL WEEK MILES
	11 miles w/ 5 miles @ Steady pace  Strength/Mobility	8 miles w/ 4 miles @ Tempo pace	8 miles w/ 6 miles @ Steady pace	8 miles @ Easy pace  Strength/Mobility	5 miles @ Easy pace	18 miles @ Long Run pace	/58
	11 miles w/ 6 miles @ Steady pace  Strength/Mobility	9 miles w/ 5 miles @ Tempo pace	11 miles w/ 8 miles @ Steady pace	9 miles @ Easy pace  Strength/Mobility	5 miles @ Easy pace	21 miles @ Long Run pace	/66
	11 miles w/ 5 miles @ Steady pace  Strength/Mobility	8 miles w/ 6 miles @ Tempo pace	8 miles w/ 6 miles @ Steady pace	8 miles @ Easy pace  Strength/Mobility	5 miles @ Easy pace	18 miles @ Long Run pace	/58
	11 miles w/ 6 miles @ Steady pace  Strength/Mobility	9 miles w/ 7 miles @ Tempo pace	11 miles w/ 8 miles @ Steady pace	9 miles @ Easy pace  Strength/Mobility	5 miles @ Easy pace	23 miles @ Long Run pace	/68

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

Zone 1/Warmup = 50-60% MHR = >9:30 m/m    Zone 2/**Easy Pace** = 60-70% MHR = 9:30-8:30 m/m

Zone 3/**Long Run Pace** = 70-80% MHR = 8:30-7:45 m/m    Zone 4/**Steady Pace** = 80-85% MHR = 7:45-7:00 m/m

Zone 5/**Tempo Pace** = 85-90% MHR = 7:00-6:45 m/m

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