

4:30 STG Marathon



WEEK 16-13
JUNE 16 - JULY 13

How to use this Training Plan

STEP 1
Get your shoes & other gear ready. (no cotton socks, hydration, etc.) Follow St George Running Store, they always have great 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. (Be ready to see improve over the next 12-weeks!) You may want to do "Lactate testing with PR Performance Lab, that will help you know your exact zones.

STEP 3
Print the calendar - post were you can see it daily. Mark off each day to you. Make notes have how each run feels! If you have a watch - program the trainings into the watch.

STEP 4
Know this is a guideline - you do have not to follow it exact. 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 more personalized plan, join our 12-week strength & mobility program, need help with an injury, want to increase your performance. All the things!

HOW ARE YOU FEELING

★ 👍 ❤️ ✓

Week 1 Week 2
NOTES

Week 3 Week 4

YOU GOT THIS

Congratulation in registering for the St George Marathon!

Your St George Running Center 12-week plan is set to begin July 14th! The plan is written with the assumption you have reached a base of at least 22-24 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!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL WEEK MILES
	3 miles *Easy pace Strength/ Mobility	3 mile @ Easy pace	2 @ Steady pace	5 miles @ easy pace Strength/ Mobility		5 miles @ Easy pace	/18
	4 miles Easy pace Strength/ Mobility	3 miles @ Easy Pace	2 miles @ Steady pace	5 miles @ easy pace Strength/ Mobility		6 miles @ Easy pace	/20
	5 miles @ Easy pace Strength/ Mobility	3 miles @ Easy Pace	3 miles @ Steady Pace	5 miles @ easy pace Strength/ Mobility		6 miles @ Easy pace	/22
	5 miles @ Easy pace Strength/ Mobility	3 miles @ Easy pace	4 miles @ Steady pace	5 miles @ easy pace Strength/ Mobility		7 miles @ Easy pace	/24

*Zones: Are based off of a % of heart rate.

Zone 1/Warmup = 50-60% MHR = <12:30 m/m Zone 2/**Easy Pace** = 60-70% MHR = 12:30-11:30 m/m
 Zone 3/**Long Run Pace** = 70-80% MHR = 11:30-11:00m/m Zone 4/**Steady Pace** = 80-85% MHR = 11:00-10:45 m/m
 Zone 5/**Tempe Pace** = 85-90% MHR = 10:00-10:15 m/m
 Lactate Testing is the most exact way to find your bodies exact zones.

4:30 STG Marathon



WEEK 12-9
JULY 14 - AUG 10

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL WEEK MILES
	2-4 miles *Easy pace Strength/ Mobility	4-6 miles w/ 3 miles @ Tempo pace	2-4 miles @ Steady pace	5 miles @ easy pace Strength/ Mobility	3 miles @ Easy pace	5 miles @ Easy pace	/24
	3-4 miles Easy pace Strength/ Mobility	4-6 miles w/ 3 miles @ Tempo pace	2-4 miles @ Steady pace	5 miles @ easy pace Strength/ Mobility	3 miles @ Easy pace	8 miles @ Long Run pace	/29
	6 miles w/ 3 miles @ Steady pace Strength/ Mobility	5 miles w/ 3 miles @ Tempo pace	5 miles @ Steady Pace	5 miles @ easy pace Strength/ Mobility	3 miles @ Easy pace	9 miles @ Long Run pace	/33
	6 miles w/ 3 miles @ Steady pace Strength/ Mobility	5 miles w/ 3 miles @ Tempo pace	4 miles @ Steady pace	3 miles @ easy pace Strength/ Mobility	4 miles @ Easy pace	10 miles @ Long Run pace	/32

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