



YOU CAN RUN
WITH US.

2025 Saturday Morning Run Mileage

HALF AND FULL MARATHON
TRAINING - OR JUST FUN RUNS!

FREE GROUP RUN PACED | EVERY SATURDAY



📍 1387 Mt. Hope Ave

7:30 AM EVERY Saturday

FREE | NO Registration

PACED RUNS

long runs are better with friends

Paced Runs are group runs at your speed! With the help of many experienced volunteer pacers, we can invite runners of all speeds and levels to run together! Pacers are available for up to the first two loops on any morning. Optional mileage build up for Half and Full Marathons.

PACE GROUPS

8:30 MIN/MI

9:00 MIN/MI

9:30 MIN/MI

10:00 MIN/MI

10:30 MIN/MI

11:00 MIN/MI

11:30 MIN/MI

12:00 MIN/MI

WALKERS ARE ALWAYS ENCOURAGED TO JOIN!

Pace groups subject to volunteer availability

EVERY SATURDAY

- Where: Rochester Running Company 1387 Mt. Hope Ave. Rochester
- When: 7:30 AM
- Meet inside or behind the store

DIFFERENT ROUTES

- Routes start and end at the store and vary from week to week.
- Each week. we post the route on Instagram, Facebook, and the Facebook Rochester Group Runs Group page.

BONUSES:

- Last Saturday of the Month: Enjoy a seasonal beverage or snack post run!
- Each time you run and sign in, you will be entered to win a month end raffle prize! Prizes vary each month!

"BYE MONTH"

January (ish)

GET BACK INTO IT, KEEP SHOWING UP, JUST RUNNIN' AROUND.

You do not have to be training for any race to join the paced group runs. Running is fun and more fun with friends, but if you are training for a race... Paced long runs are synced to a few local half and full marathon training cycles. **The start of the training block is denoted with the race abbreviation.**

HALF MARATHON FULL MARATHON

WEEK ONE: JANUARY 4

Gaining some mileage base before a May or April race? Start here.

Two loops: 5 + 5 miles

1st Loop

5 miles

1st & 2nd Loop

10 Miles

WEEK TWO: JANUARY 11

Base mileage helps build your endurance and keep you injury free before long training cycles

Two loops: 3 + 5 miles

1st Loop

5 miles

1st & 2nd Loop

9 Miles

WEEK THREE: JAN. 18

Running is fun. **Running Toronto or Flying Pig Marathon? 16 weeks starts here.**

Two loops: 4 + 5 miles

1st Loop

4 miles

1st & 2nd Loop

9 Miles

WEEK FOUR: JAN. 25

Winter running can be fun, we promise.

Two loops: 5 + 4 miles

1st Loop

5 miles

1st & 2nd Loop

9 Miles

WEEK FIVE: FEB 1

Next week training for Buffalo Full and Flower City Half starts. These are the focus races for our training program.

Two loops: 6 + 4 miles

1st Loop

6 miles

1st & 2nd Loop

10 miles

TOR FULL
PIG FULL

SPRING TRAINING CYCLE

February - May

HALF AND FULL LONG TRAINING RUNS FOR SPRING RACES

First race or 1,000th. Paced long runs are synced to a few local half and full marathon training cycles. **The start of the training block is denoted with the race abbreviation, then color coded.** For a more beginner friendly program, follow the shorter mileage. Some weeks will match for both the intermediate and beginner.

FLR 1/2
BUF FULL

TOR & PIG
FULL in
grey in
marathon
column

WEEK ONE: FEB 8

Training for an **April or May race** like **Flower City or Buffalo Full**? Start here.

**Total Miles | Two Loops:
6 + 5 miles**

HALF MARATHON

1st Loop

6 miles

modification:
3 mile cut off

FULL MARATHON

1st Loop

6 miles/**11mi**

modification:
1st loop

WEEK TWO: FEB 15

Building up mileage now! If you haven't built base mileage, try following the modification (mod).

**Total Miles | Two Loops:
7 + 5 Miles**

1st Loop

7 miles

modification:
5 miles (loop 2)

1st Loop

7 Miles/**12mi**

modification:
5 miles (loop 2)

WEEK THREE: FEB 22

Running is fun.

**Total Miles | Two Loops:
6 + 7 miles with 3 mi cut**

1st Loop

7 miles

1st + 3mi cut

9 Miles/**13**

mod: 1st loop

WEEK FOUR: MARCH 1

Buf marathoners: **Choose shorter mileage this week & try moving up a pace group or two for a little speed work and maybe meet new friends!**

**Total Miles | Three Loops:
5 + 5 + 4 miles**

1st Loop

5 miles

Speed: 1st loop

5 Miles

1st & 2nd Loop:
10 Miles/**14**

BUF 1/2

WEEK FIVE: MARCH 8

Next week is Runnin' of the Green! Take this week easy and run fast next week!

**Total Miles | Two loops:
6 + 5 miles**

1st Loop

8 miles/**6**

1st & 2nd Loop

11 Miles/**15**

RUNNIN'
OF THE
GREEN

WEEK SIX: MARCH 15

This is the only week we purposely don't have group run! **Join us for Runnin' of the Green 5mi!** Run the **race as a tune up, for fun and add miles, or for a speed run with added miles before or after.**

ROTG + 4

9 miles/**7**

ROTG + 7

12 Miles/**9**

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Buffalo
1/2 in red
in half
column

FLR 1/2 &
BUF FULL
default
miles in
each
column

TOR & PIG
FULL in
grey in
marathon
column

FLOWER
CITY
HALF
RACE

WEEK SEVEN: MARCH 22

Buffalo and Flower City runners! You're in the crux now. You've got this.

**Total Miles | Two Loops:
7 + 6**

WEEK EIGHT: MARCH 29

Choose the shorter mileage & try moving up one or two pace groups—maybe you'll meet some new friends or connect with older ones.

**Total Miles | Two loops:
5 + 8 + 7 miles**

WEEK NINE: APRIL 5

Running is fun.

**Total Miles | Two loops:
7 + 7 miles**

WEEK TEN: APRIL 12

Just keep running. You're really strong and fast now.

**Total Miles | Three loops:
6 + 5 + 4 miles**

WEEK ELEVEN: APRIL 19

Flower City Half runners, next week is your race week! YOU ARE GOING TO DO SO GOOD!

**Total Miles | Three loops:
5 + 5 + 6 miles**

WEEK TWELVE: APRIL 26

Tomorrow is race day for Flower City Half! May races next week!

**Total Miles | Two loops:
5 + 3 miles**

HALF MARATHON FULL MARATHON

1st + 3mi Loop

10 miles/7

alternative:

9 miles

1st Loop

5 miles

1st Loop + 3mi

10 miles/8

1st & 2 Loop

11 miles/9

1st Loop

5 miles/10

1st & 2nd Loop

3 miles/5

1st & 2nd Loop

13 miles/16

1st + 3mi Loop

8 Miles/17-20

alternative: 1st Loop

1st & 2nd Loop

14 Miles/10

All Loops

15/12

alternative: 1st loop

1st & 2nd Loop

16/14

1st & 2nd Loop

8/10

SPRING TRAINING CYCLE

February - May

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TOR & FLYING PIG FULL RACE

Buffalo 1/2 is now the main race in the 1/2 column.

BUFFALO HALF AND FULL RACE

WEEK THIRTEEN: MAY 3

The final week for a lot of early Spring races (May the 4th be with you and you be very fast).

**Total Miles | Two loops:
7 + 5 miles**

HALF MARATHON

1st Loop +3 mi
10 miles

FULL MARATHON

1st & 2nd Loop
12 miles/**3**

alternative:

10 mi

WEEK FOURTEEN: MAY 10

Just two weeks out for Buffalo full and half runners! You're doing great!

**Total Miles | Three loops:
7 + 4 + 3 miles**

1st & 2nd Loop
11 miles

All Loops
14

alternative:

1st & 2nd loop

WEEK FIFTEEN: MAY 17

Running is fun.

**Total Miles | Two loops:
5 + 6 miles**

1st Loop
5 miles

1st + 3mi Loop
8

WEEK SIXTEEN: MAY 24

Tomorrow is race day! Good luck friends!

**Total Miles | Two loops:
3 + 6 miles**

1st Loop
3 miles

1st Loop
3 miles

REST WEEK: MAY 31

A little rest time for the group. Early Fall race training starts in June.

**Total Miles | Two loops:
4 + 4 miles**

1st Loop
4 miles

1st & 2nd Loop
8 miles

REST WEEK: JUNE 7

We Love Running.

**Total Miles | Two loops:
6 + 4 miles**

1st Loop
6 miles

1st & 2nd Loop
10 miles





FAQ

Do you have mileage schedules for half/full marathons?

The group runs offer long-run mileage plans for the half and full marathons listed below:

Half Marathon:

Flower City Half Marathon

Buffalo Half Marathon

Wineglass Half Marathon

Rochester Half Marathon

Full Marathon:

Toronto Marathon

Flying Pig Marathon

Buffalo Marathon

Wineglass Marathon

Chicago Marathon

Marine Corps Marathon

**Mileage schedules will occasionally require a 1-2 mile extra loop to meet some of the mileage increases. On these days we will have routes in the store for those extra few miles.



FAQ (continued)

How will I know where to go?

We change the route every week so we will post the route on our Facebook page "Rochester Running Group Runs" and we'll have tick sheets for pacers who will lead your group. You can also download "RunGo" on your smart phone for turn-by-turn directions.

Why do the routes loop back to the store mid-run?

All routes loop back to the store so runners have the option to grab water, nutrition, or take a bathroom break mid-long run. This also allows runners to stop at a certain mileage point or switch pace groups if they choose. Please do not take long breaks in between loops. Act as if you are in a race and need to get back in the game quickly.

How do I know what pace group I'm in?

30 to 90 seconds slower than a race pace. If you are not sure what that is or haven't raced, take a fast mile and add a minute or minute and a half. You can always start a little faster and easily drop back with a slower group if unsure.



Notes

You are welcome to join for 1 loop, both loops, or even the later loop. Runners meet behind the store and each loop will bring you back to the store.

We encourage you to bring your own hydration but we do have a bottle refill and restroom at the store.

Pace leaders are not paid, hence we do not charge for the run. But what we do expect is that you respect the volunteer leading the group.

Please: Run behind your pacer with your group or if you choose to go ahead, know the route and inform the pacer.

Run on the side walks or if the route runs on any road, run against traffic.

For everyone's safety, do not spread out too much and run single file if need be.

Be respectful of each runner. Give them space, don't run really close behind someone, don't wear earphones to the level you can't hear other runners, warnings etc.

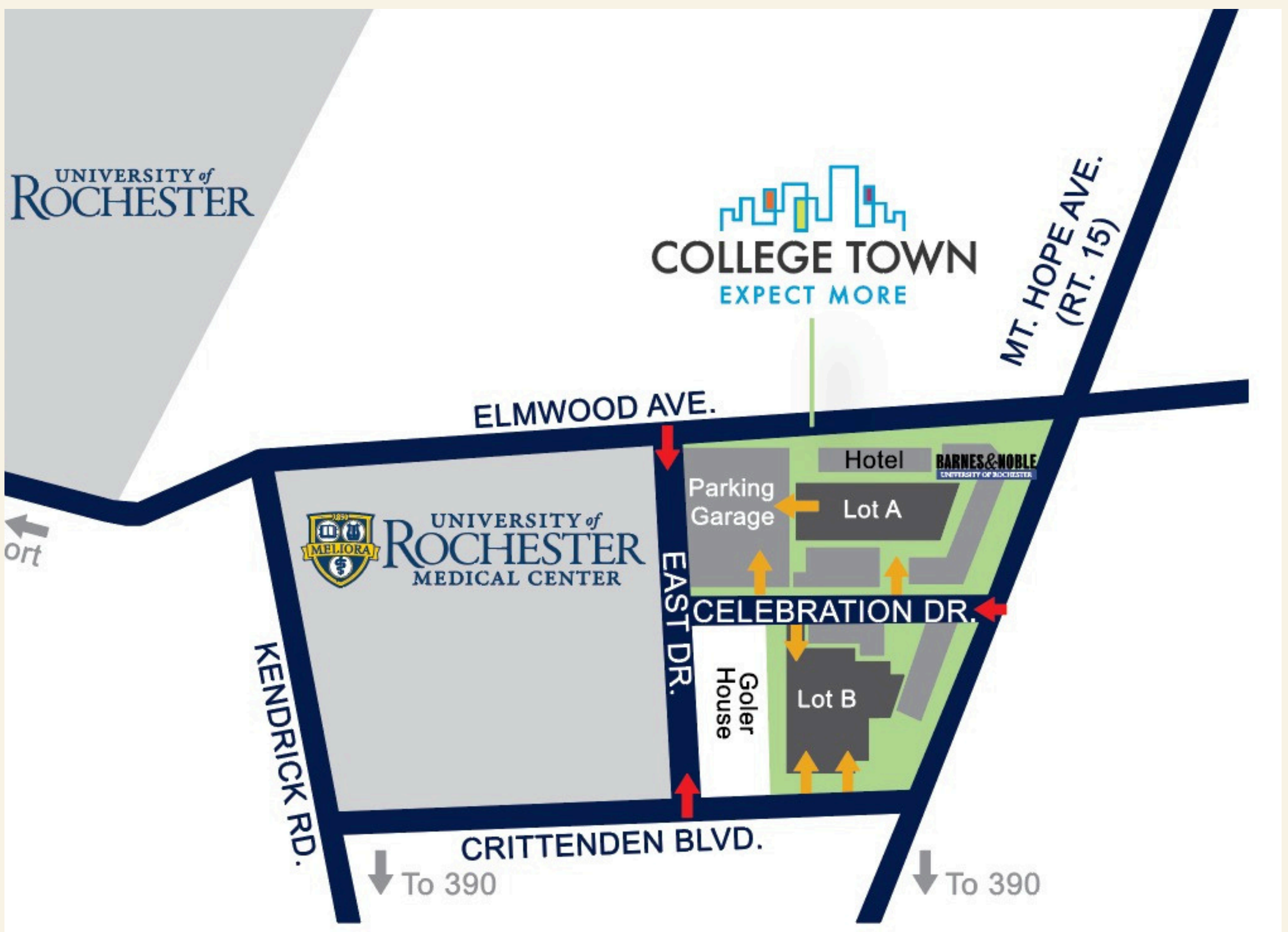
Take care of each other. Call out obstacles as you run like cars, trees, potholes, bikes.

If you have any concerns or feel uncomfortable in anyway, or need to contact the store, reach out immediately to Jonathan at 585-957-4096

We hope you encourage the group to grow and bring new people to the group. If you want to submit a route, pitch an idea, etc we look to be collaborative and make it a run group you are proud to frequent!

PARKING

- Parking at Rochester Running Company is available in multiple places:



Parking is available in front of the store on Mt. Hope Ave.

Additional and free parking is available in the back of the store in "Lot B" pictured above.



RUN ROCHESTER

Ask to join our Facebook group

"Rochester Running Group Runs" for updates!

www.facebook.com/groups/1754874398168415

**Follow our instagram and TikTok for group run
and store updates.**

