

# ROCHESTER RUNNING COMPANY FREE PACED LONG RUN PROGRAM

2023 WEEK BY WEEK



## PACED RUNS

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 will be available for up to the first two loops on any morning.

Optional mileage build up for Half and Full Marathons.

## PACES

Pace groups we will provide pacers for: 8:30 min/mi, 9:00 min/mi, 9:30 min/mi, 10:00 min/mi, 11:00 min/mi, 11:30 min/mi, 13:00 min/mile. Walkers are always encouraged to join! \*Pace groups subject to volunteer availability\*

## EXTRA RUNNER INCENTIVES

**Last Saturday of the Month:** Enjoy an occasional seasonal beverage at the conclusion of runs on the last Saturday of the month.

**Runners can pre-order smoothies or food at Shine Bright to be ready post run!**

**Each time you run you will be entered to win a month end raffle prize!**

**Prizes vary each month!**

PROGRESSION OF  
MILEAGE

| WEEK          | DATE        | HALF          | FULL (LOOPS)  |
|---------------|-------------|---------------|---------------|
| 1             | January 7   | 5 mi          | 10 (5+5) mi   |
| 2             | January 14  | 5 mi          | 10 (4.5+5.5)  |
| 3             | January 21  | 3 mi          | 8 (3+5) mi    |
| 4             | January 28  | 5 mi          | 8 (5+3) mi    |
| FLOWER CITY   | February 4  | 6 mi          | 9 (6+3) mi    |
| BUFFALO FULL  | February 11 | 7 mi          | 7 mi          |
| 7             | February 18 | 7 mi          | 10 (7+3) mi   |
| 8             | February 25 | 7 mi          | 11 (7+4) mi   |
| 9             | March 4     | 8 mi          | 9 (5+3+1) mi  |
| BUFFALO HALF  | March 11    | F 8 mi B 6 mi | 13 (6+7) mi   |
| 11            | March 18    | F 9 B 7 mi    | 14 (7+7) mi   |
| 12            | March 25    | F 9 B 7 mi    | 13 (7+6) mi   |
| 13            | April 1     | F 10 B 7 mi   | 16 (7+9) mi   |
| 14            | April 8     | F 11 B 8 mi   | 17 (6+5+6) mi |
| 15            | April 15    | F 6 B 8 mi    | 13 (6+7) mi   |
| RACE: FL CITY | April 22    | F 3 + B 9 mi  | 20 (7+6+7) mi |
| 17            | April 29    | B 9mi         | 12 (6+6) mi   |

HALF COLUMN = MILEAGE FOR HALF MARATHON TRAINING  
FULL COLUMN = MILEAGE FOR FULL MARATHON TRAINING

Flower City Week will have limited pace groups



PROGRESSION OF  
MILEAGE

| WEEK          | DATE      | HALF       | FULL (LOOPS)       |
|---------------|-----------|------------|--------------------|
| 18            | May 6     | B 10 mi    | 20(5+5+10)mi       |
| 19            | May 13    | B 11 mi    | 11 (5+6) mi        |
| 20            | May 20    | B 6 mi     | 8 (6+2) mi         |
| RACE: Buffalo | May 27    | B 3 mi     | 10 (3+7) mi        |
| 22            | June 3    | 5 mi       | 10 (5+5) mi        |
| WINE FULL     | June 10   | 6 mi       | 12 (6+6) mi        |
| 24            | June 17   | 5 mi       | 11 (5+6) mi        |
| MCM FULL      | June 24   | 5 mi       | W8 M8(5+5)mi       |
| 26            | July 1    | 5 mi       | W10 M8(5+5)mi      |
| ROC 1/2       | July 8    | R 6 mi     | W11 M9 (6+5)mi     |
| 28            | July 15   | R7 mi      | W10 M6 (5+5)mi     |
| WINE HALF     | July 22   | R7/W 7 mi  | W12 M11 (7+5)mi    |
| 30            | July 29   | R8/W 7 mi  | W14 M12 (5+7+2)mi  |
| 31            | August 5  | R8/W 8 mi  | W13 M9 (5+3+5)mi   |
| 32            | August 12 | R9/W 8 mi  | W15 M14 (5+4+6) mi |
| 33            | August 19 | R9/W 9 mi  | W17 M15 (6+3+8)    |
| 34            | August 26 | R10/W 9 mi | 13 (5+5+3)         |

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PROGRESSION OF  
MILEAGE

| WEEK       | DATE     | HALF        | FULL (LOOPS)     |
|------------|----------|-------------|------------------|
| 35         | Sept. 2  | R11/W 10 mi | W12 M17(5+5+7)   |
| 36         | Sept. 9  | R12/W10 mi  | W20 M18 (6+6+6)  |
| 37         | Sept. 16 | R 6 W11 mi  | W12 M13 (6+6) mi |
| RACE: ROC  | Sept. 23 | W12 mi      | W9 M20(6+3+6+5)  |
| RACE: WINE | Sept 30  | W6 mi       | M12 (6+6)mi      |
| 40         | Oct. 7   | 5 mi        | M20 (5+5+6+4) mi |
| 41         | Oct. 14  | 7 mi        | 12 (7+5) mi      |
| 42         | Oct. 21  | 5 mi        | 8 (5+5) mi       |
| RACE: MCM  | Oct. 28  | 6 mi        | 12 (5+7) mi      |
| 44         | Nov. 4   | 5 mi        | 12 (5+7) mi      |
| 45         | Nov. 11  | 6 mi        | 13 (6+7) mi      |
| 46         | Nov. 18  | 5 mi        | 12 (5+7) mi      |
| 47         | Nov. 25  | 6 mi        | 10 (6+4) mi      |
| 48         | Dec. 2   | 5 mi        | 11 (5+6) mi      |
| 49         | Dec .9   | 6 mi        | 11 (6+5) mi      |
| 50         | Dec. 16  | 5 mi        | 10 (5+5) mi      |
| 51         | Dec. 23  | 6 mi        | 12 (6+6) mi      |
| 52         | Dec. 30  | 5 mi        | 10 (5+5) mi      |

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## FAQ

### **Do you have mileage schedules for half/full marathons?**

The group runs will 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:**

**Buffalo Marathon**

**Wineglass 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.

\*\*\* Eliminating the amount of stops for higher mileage marathon training runs: 2nd/3rd loops will occasionally be longer than 7 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.





## FAQ (continued)

**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!**





## FAQ (continued)

### **What if I can't run the scheduled weekly mileage?**

Saturday runs are designed to be longer runs but have a base loop of 5-7 miles. However, if you are still working up to a longer mileage we can modify a route for you or you can run a mile or two out and return to the store.

Remember: everyone who comes is at a different level and didn't start running 5-7 miles their first time out. We are on this journey together and are excited to help you get moving what ever level you are at. Our staff: Jon and Greg are excited to get you running, walking, or somewhere in between.

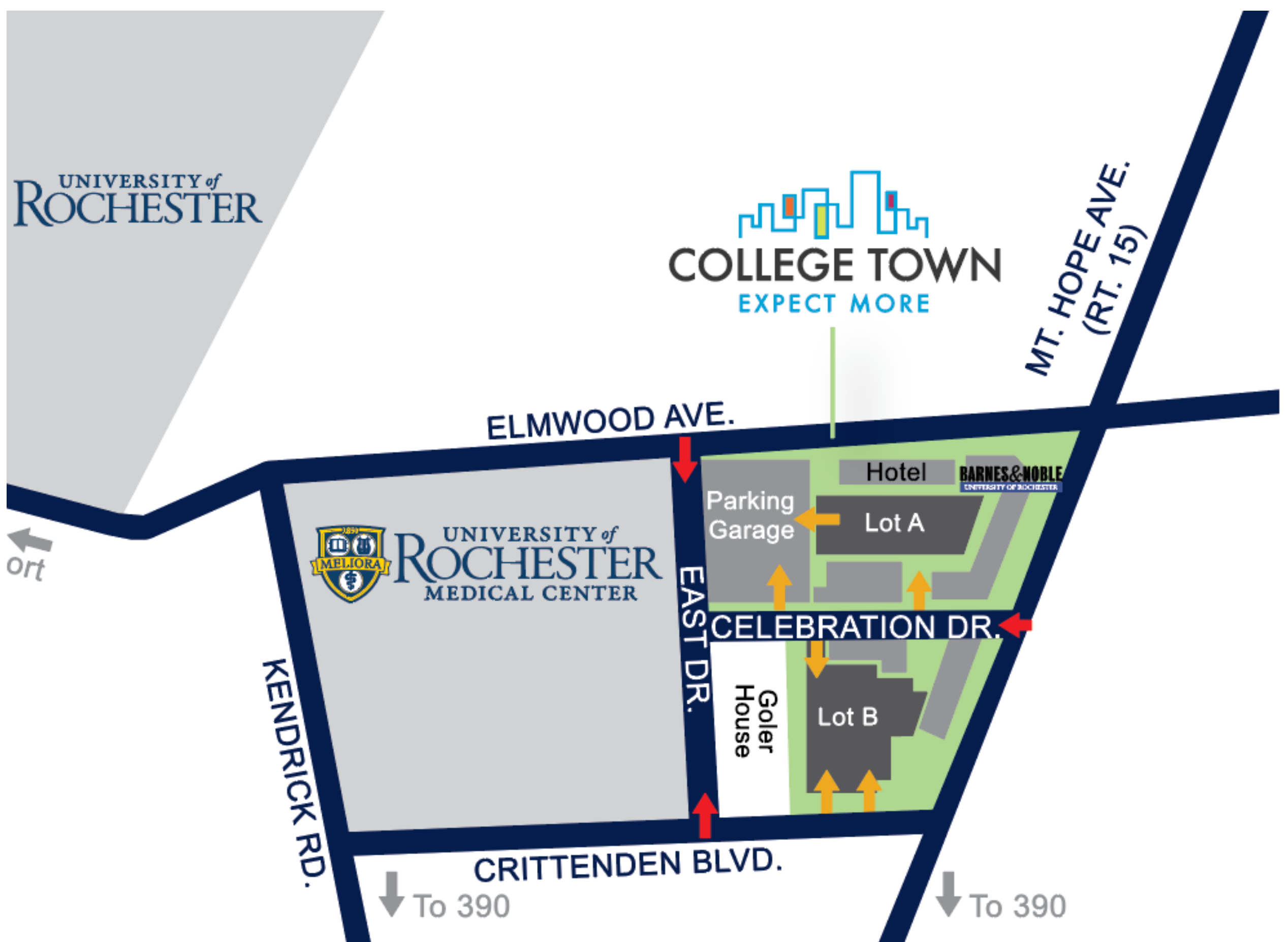
### **Where do I park?**

See next page.

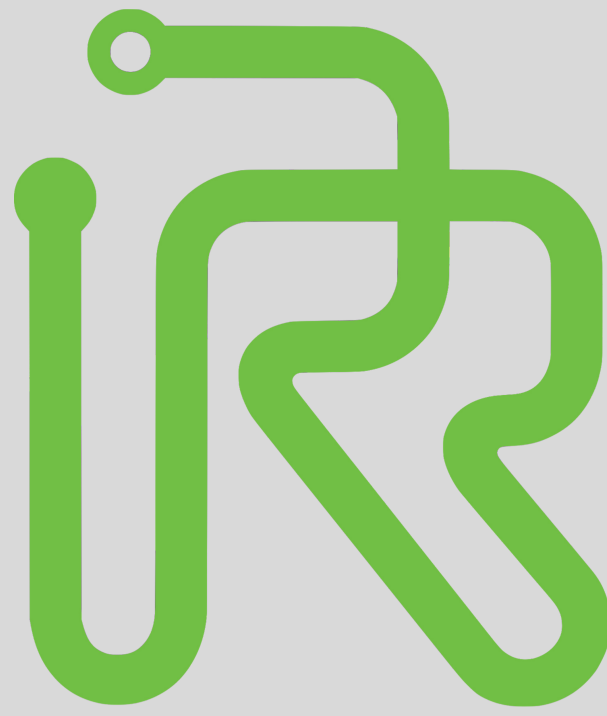


# PARKING

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



- Lot B is the easiest lot to access the store.
- Lot A can be used but is a slightly longer walk.
- The Parking Garage is free, a little walk, but sheltered parking.
- Parking on Mt. Hope or Celebration Dr. is free on weekends



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**Ask to join our Facebook group  
"Rochester Running Group Runs" for updates!  
[www.facebook.com/groups/1754874398168415](https://www.facebook.com/groups/1754874398168415)**

