



YOU CAN RUN
WITH US.

2025 Saturday Morning Run Mileage

Fall goal race
training.

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!

FALL TRAINING CYCLE

Marathon: Wineglass - Oct. 5, Chicago - Oct. 17, Marine Corps - Oct. 27, NYC - Nov. 2 | Half Marathon: Rochester - Sept. 21, Wineglass - Oct. 5

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. Beginner marathoners can use the half marathon mileage.**

		HALF MARATHON	FULL MARATHON
Wineglass Full Start	WEEK ONE: June 14 Wineglass Marathon training for 16 weeks starts here! Two loops: 4 + 4 miles	1st Loop 4 miles	1st & 2nd Loop 8 Miles
Chicago Full Start	WEEK TWO: June 21 Chicago Marathon starts here! When mileage differs from Wineglass, please refer to the week above or follow the training in red. Two loops: 5 + 6 miles (with 3 mile cut)	1st Loop 5 miles	1st & 2nd Loop cut 8 Miles
	WEEK THREE: June 28 Next week is the start of training for the Rochester Half Marathon! Two loops: 5 + 4 miles	1st Loop 5 miles	1st & 2nd Loop 9 Miles
Marine Corps Full Start	WEEK FOUR: July 5. Wineglass Marathoners: For some speedwork run just the first loop at one or two pace groups ahead. Marine Corps Marathon starts here! Refer to training in blue when mileage differs from Wineglass training Two loops: 6 + 4 miles	1st Loop 6 miles	1st & 2nd Loop 10 Miles
Rochester Half Marathon Start	WEEK FIVE: July 12 Building a good base makes the training later easier! Two loops: 6 + 5 miles	1st Loop 7 miles	1st & 2nd Loop 11 miles / 8 miles
Wineglass Half Marathon Start	WEEK SIX: July 19 Wineglass Half Marathon training for 12 weeks starts here! Two loops: 6 + 6 miles (with 3-mile drop)	1st Loop 6 miles	1st & 2nd Loop 12 miles / 9 miles

FALL TRAINING CYCLE

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	HALF MARATHON	FULL MARATHON
WEEK SEVEN: July 26 Marine Corps Marathoners: For some speedwork run just the first loop at one or two pace groups ahead. Two loops: 6 + 7 miles	1st Loop 6 miles	1st & 2nd Loop 13 Miles
WEEK EIGHT: August 2 Wineglass Marathoners: For some speedwork run just the first loop at one or two pace groups ahead. Three loops: 7 + 4 + 3 miles	1st Loop 7 miles	1st & 2nd Loop 11 Miles Longer mileage: 13 miles
WEEK NINE: August 9 This week we'll have a couple short loops to add on or cut to make the loops work best for everyone Three loops: 5 + 3 + 6 miles	1st & 2 nd Loop 8 miles	All Loops 14 miles/12 miles
WEEK TEN: August 16 Runnin' around with friends! Three loops: 5 + 4 + 6 miles (with 3-mile cut)	1st & 2nd Loop 9 miles	All Loops 15 Miles/13 miles
WEEK ELEVEN: August 23 Marine Corps Marathoners: For some speedwork run just the first loop at one or two pace groups ahead. Three loops: 6 + 6 + 4 miles	1st & 2 nd Loop 6 miles	All loops 16 miles/12 miles

ROCHESTER RUNNING COMPANY

FALL TRAINING CYCLE

Marathon: Wineglass - Oct. 5, Chicago - Oct. 17, Marine Corps - Oct. 27, NYC - Nov. 2 | Half Marathon: Rochester - Sept. 21, Wineglass - Oct. 5

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		HALF MARATHON	FULL MARATHON
●	WEEK TWELVE: August 30 Wineglass runners: Try another speed week or run long! We'll have easy cut loops Two loops: 6 + 4 + 4 miles	1st & 2 nd Loop 10 miles	1st & 2nd Loop 6 miles speed All loops: 13 miles
●	WEEK THIRTEEN: Sept. 6 Running is fun. Three loops: 7 + 8 + 5 miles	1st Loop 7 miles	All Loops/ 1st & 2nd 20 miles / 15 miles
●	WEEK FOURTEEN: Sept. 13 Almost there, Rochester Half runners! Two loops: 5 + 6 + 5 miles	1st Loop 5 miles	1st & 2nd Loop 14 miles/ 16 miles
●	WEEK FIFTEEN: Sept. 20 Good luck Rochester Half Marathon Runners! Next week, is Wineglass Full Marathon taper week! Three loops: 3 + 5 + 6 miles	1st Loop 3 miles	1st & 2nd Loop 8 Miles/ 14 miles
●	WEEK SIXTEEN: Sept. 27 Marine Corps Full Marathon training starts this week! Follow the training in blue. Two loops: 8 + 4 miles	1st Loop 5 miles	1st & 2nd Loop 8 miles/ 12 miles

Rochester
Half
Marathon

FALL TRAINING CYCLE

June/July | Wineglass - Oct. 5, Chicago - Oct. 17, Marine Corps - Oct. 27, NYC - Nov. 2

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		HALF MARATHON	FULL MARATHON
Wineglass Half and Full Marathon	WEEK SEVENTEEN: Oct. 4 Good luck to the Wineglass Half and Full Marathon runners! *The Marine Corps is now the only race in the full column Two loops: 6 + 8 miles	1st Loop Cut 3 Miles	1st & 2nd Loop 14 miles
Chicago Full	WEEK EIGHTEEN: Oct. 11 Running is fun. Three loops: 4 +4 miles	1st Loop 4 miles	1st & 2nd Loop 8 miles
Marine Corps Full	WEEK NINETEEN: Oct. 26 Good luck Marine Corps Marathon runners! Two loops: 3 + 7 miles	1st Loop 3 miles	1st & 2nd Loop 10 miles



ROCHESTER RUNNING COMPANY



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.

