EVERY WOMAN'S MARATHON™

POWERED BY 26.2 TEAM MILK

BEGINNER MARATHON TRAINING GUIDE

Use this 16-week Beginner Marathon Plan to build your endurance for Every Woman's Marathon.



WELCOME TO YOUR 16-WEEK BEGINNER MARATHON PLAN!

By now, you've hopefully utilized our Team Milk Base Plan to establish a comfortable foundation before embarking on marathon training. As you transition into the next phase with the Beginner Marathon Training Guide, you're likely experiencing a whirlwind of emotions! You might be feeling excited and nervous, but after slowly building your endurance, you'll take each stride of your marathon with confidence!

In partnership with Team Milk, Coach Alysha Flynn of What Runs You and Kristy Baumann, RD, LD, Running Dietitian, created this plan to support first-timers and beginner marathoners. It prepares runners for Every Woman's Marathon (EWM) by slowly building their mileage from week to week, in combination with run-specific strength training, weekly nutrition tips and helpful insights from our team captains.

This plan provides a relaxed build-up and emphasizes strength training and nutrition, which will guide runners to reach their potential. You'll be guided through four-five days a week of running (on roads and soft surfaces) and walking for recovery. Each week, your expertly designed workouts will help:

- Gradually increase your weekly mileage with easy-effort runs
- Incorporate weight training and mobility to prevent injury
- Facilitate recovery with planned rest days and step-back weeks
- Build race-ready confidence with increased endurance

Build your endurance with us for the next 16 weeks and take each stride of EWM with confidence!

Meet your Training Experts:



Alysha Flynn

Alysha Flynn is a Road Marathoner/Trail Ultra Runner and has been running for over 25 years. She uses this expertise to pursue her true passion of coaching through her business What Runs You, LLC. Her coaching philosophy makes running approachable and guides women to achieve their running goals through self-discovery, empowerment and engagement with a team of support throughout the journey.



Kristy Baumann

Kristy Baumann (aka Marathon Nutritionist) is a Registered Dietitian (RD), an accomplished marathon runner, a business owner and a mother of two. With a focus on empowering women runners, she specializes in helping individuals build confidence in fueling their bodies effectively to excel in both their training and their everyday-life pursuits.

FUELING



FUEL YOUR TRAINING WITH PERFORMANCE PLATES

The meals you eat on a daily basis lay the foundation for feeling strong on your runs and energized throughout the day. What and when you eat directly impacts your body's ability to have the energy needed to complete workouts, recover faster and still have ample energy to pursue career aspirations, cherish moments with family and enjoy quality time with friends.

Individual nutritional needs will vary depending on your training. Performance plates are a visual tool to help ensure you're getting the right ratio of macronutrients (carbs, protein and fats) to fuel your training. The ratios will change as your training progresses, and making nutritious choices within each category will ensure you also get the variety of micronutrients (vitamins and minerals) your body needs.

Performance plates are divided into three sections:

Starches/grains

Found in whole grains like brown rice, quinoa, oats and farro; legumes and beans like lentils, black beans and chickpeas and root vegetables like sweet potatoes, green peas and corn, starches and grains provide carbohydrates that are your body's preferred source of energy during endurance activities like running. Be intentional about incorporating carbohydrate foods in your meals and snacks, especially before your long runs.

Protein

Protein is essential for muscle repair and recovery. Lean protein sources include lean meats, poultry, fish, eggs, tofu, tempeh, beans and lentils and dairy products like milk.

Fruits/vegetables

Eating a variety of colorful fruits and vegetables provides vitamins, minerals, fiber and antioxidants to protect the body from the oxidative stress and inflammation caused by exercise.

- Fruits (berries, bananas, grapes, citrus fruits, cherries, apples, melons)
- Vegetables (spinach, tomatoes, broccoli, bell peppers, mushrooms, kale)

Incorporate healthy fats into your meals to support hormone balance, for sustained energy and to help meals taste more satisfying. Sources of healthy fats include avocados, nut butters, nuts, seeds, olive oil and fatty fish like salmon and mackerel.

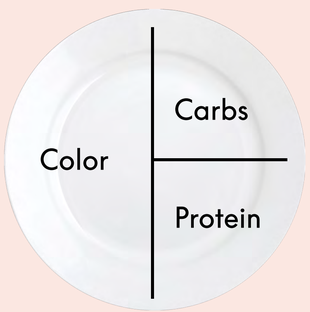
Proper hydration helps to maintain fluid balance, regulate body temperature and support performance and recovery. Managing hydration is more than just making sure you get enough to drink during and immediately after your runs. Make sure you're drinking throughout the day—aim to get 8-10 cups of water to meet your fluid needs so that you go into your training hydrated. Other non-alcoholic and non-caffeinated beverages count toward that total, and it turns out that research shows milk is one of the best beverages for hydration (even better than water), especially after exercise. Thanks to milk's natural electrolytes, carbohydrates and protein content, it's a great way to get hydration and nutrition.

PERFORMANCE PLATES

While following the Beginner Marathon Plan, use the Low, Moderate and High Training plates to create three balanced meals each day to give your body the energy it needs. You'll notice that as mileage and intensity of training increases, you'll increase the portion of grains/ starches you eat.

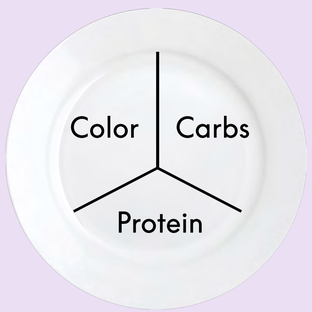
Weeks 1-4

Low Training Plate



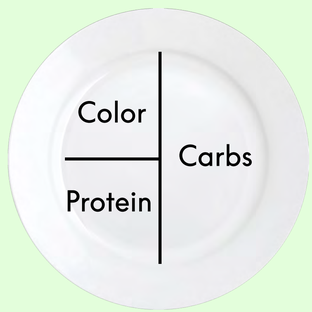
Weeks 5-10, 12, 14-16

Moderate Training Plate



Weeks 11 & 13

High Training Plate



Meal planning is especially beneficial during marathon training, as it ensures you're fueling your body properly to support your training regimen while saving time and energy.

MEAL PLANNING TIPS:

Plan ahead

Each week, set aside time to plan your meals and snacks for the week. Take into account your training schedule, work commitments and any social events to ensure you have nutritious meals and snacks readily available.

Pro tip: Keep a gallon of dairy milk in your fridge—it's affordable and easy to incorporate in your meals. Blend in your favorite smoothie or include it in your recipes and as a go-to beverage when you're on the go!

Focus on nutrient-rich foods

Prioritize whole, nutrient-dense foods such as whole grains, fruits, vegetables, lean proteins, dairy and healthy fats. These foods provide the energy, vitamins, minerals and antioxidants needed to support your training and recovery.

Include starches/grains with each of your meals

Carbohydrates are the primary source of fuel for endurance running. Incorporate complex carbs such as whole grains (brown rice, quinoa, oats, farro), starchy vegetables (potatoes, sweet potatoes, squash) and legumes (beans, lentils) into your meals.

Batch cook

Save time each week by prepping and cooking meals in batches in advance. Prepare large batches of grains, proteins and vegetables that can be mixed and matched to create quick and nutritious meals throughout the week.

Grains: Cook a large batch of quinoa, brown rice, farro or whole wheat pasta to use as part of your meals throughout the week. You can easily reheat these and pair them with proteins and vegetables for a quick and nutritious meal.
Proteins: Prepare a batch of grilled chicken breasts, baked tofu or hard-boiled eggs to add protein to salads, wraps and grain bowls.
Vegetables: Roast vegetables such as sweet potatoes, broccoli, bell peppers and carrots on a sheet pan for easy meal additions. Add to grain bowls, wraps or on top of pizza.
Smoothie packs: Pre-portion smoothie ingredients, such as frozen fruits, spinach and oats into individual bags or containers. Blend the ingredients with milk when ready to enjoy for a quick nutritional snack or as part of a meal.
Energy bites: Make homemade energy bites using ingredients like oats, nuts and dried fruit. Store in the refrigerator or freezer for when you need a quick energy boost between meals.

CALENDAR



This calendar outlines a day-by-day schedule to build your base mileage and your strength over the next 16 weeks.

As you progress through the plan, you'll see the calendar segmented into weeks, accompanied by additional details and nutritional information.

WEEK	STRENGTH WORKOUTS	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	TOTAL	COMPLETE
1	Strength Block 1	Walk 30-40 minutes	3 mi 4 x 25-second strides	4 mi	Total body posterior	3 mi	2 mi	8 mi	20 mi	
2	Strength Block 1	Walk 30-40 minutes	3.5 mi 4 x 25-second strides	4.5 mi	Total body posterior	3.5 mi	2 mi	9 mi	22.5 mi	
3	Strength Block 1	Walk 30-40 minutes	3.5 mi 4 x 25-second strides	5 mi	Total body posterior	4 mi	2 mi	10 mi	24.5 mi	
4	Strength Deload	Walk 30 minutes	3 mi 4 x 25-second strides	4 mi	Deload workout 2	3 mi	2 mi	8 mi	20 mi	
5	Strength Block 1	Walk 30-40 minutes	4 mi 5 x 30-second strides	5 mi	Total body posterior	4.5 mi	2.5 mi	12 mi	28 mi	
6	Strength Block 2	Walk 30-40 minutes	4.5 mi 5 x 30-second strides	5.5 mi	Total body posterior	5 mi	3 mi	14 mi	32 mi	
7	Strength Block 2	Walk 30-40 minutes	5 mi 5 x 30-second strides	6 mi	Total body posterior	5 mi	3 mi	15 mi	34 mi	
8	Strength Deload	Walk 30 minutes	3 mi 5 x 30-second strides	5.5 mi	Deload workout 2	3 mi	3 mi	12 mi	26 mi	
9	Strength Block 2	Walk 30-40 minutes	5 mi 6 x 30-second strides	7 mi	Total body posterior	5 mi	3 mi	16 mi	36 mi	
10	Strength Deload	Walk 30 minutes	4 mi 6 x 30-second strides	5 mi	Deload workout 2	4 mi	3 mi	14 mi	30 mi	
11	Strength Block 2	Walk 30-40 minutes	5 mi 7 x 30-second strides	8 mi	Total body posterior	5 mi	4 mi	17-18 mi	40 mi	
12	Strength Deload	Walk 30 minutes	4 mi 6 x 30-second strides	6 mi	Deload workout 2	4 mi	3 mi	14 mi	31 mi	
13	Strength Block 2	Walk 30-40 minutes	6 mi 8 x 30-second strides	8 mi	Total body posterior	5 mi	4 mi	18-20 mi	43 mi	
14	Strength Deload	Walk 30 minutes	5 mi 7 x 30-second strides	7 mi	Deload workout 2	5 mi	4 mi	12-14 mi	35 mi	
15	Strength Deload	Walk 30 minutes	4 mi 8 x 30-second strides	7 mi	Hip mobility	4 mi	3 mi	8-10 mi	28 mi	
16	No Strength Training	Walk 30 minutes	3 mi 4-6 x 25-second strides	4 mi	3 mi	2 mi	26.2 mi		38.2 mi	

WORKOUT GLOSSARY



Easy-effort run

Tune into your body and run by effort while building your aerobic base. Aim for an intensity where you can comfortably maintain a conversation. This effort level will be used for the majority of your training runs to improve your endurance.

Coaching cue: Training volume will influence your perceived effort from week to week. Feel free to make adjustments, so these runs always feel like a 3/4 on a scale of 1-10.

Running step-back week

Taking a step-back week in running allows you to "step back" from training intensity, reflect on what you've accomplished (both mentally and physically) and prepare for training intensity to come. These weeks also reduce your risk of injury.

Coaching cue: Think of these weeks as a nice mental reset button.

Strides

Strides are important in training because they create an opportunity to work on running mechanics and form. Strides are also versatile and can be completed on road, track, turf or grass. Start slowly, then build your speed over 10-30 seconds to your max controlled speed (not all-out sprinting) then decelerate in the last few steps. Take full recovery between each one (90s to 2 min), so that lactic acid doesn't build up. Let your heart rate come back down by walking or slowly jogging before starting again.

Coaching cue: Try doing your strides on a slight incline to improve form and stride efficiency while increasing strength with less impact.

Soft-surface run

If possible, complete these runs on a softer surface like groomed grass, track, turf or non-technical trail for a lower-impact run.

Coaching cue: Be mindful not to run on lumpy or uneven grass if you have weak or injury-prone ankles. Instead, stick to the track.

Strength deload

This is a phase in your strength program when you train at a lower intensity, so your body can recover from the demands of higher-intensity training. You can do this by reducing the volume of your training.

Coaching cue: Just like the step-back week, think of this lower intensity strength training as a nice mental reset button.

Foot/ankle work

Strengthening the muscles that support your lower leg, foot and ankle will help keep your ankle joints stable when running. You will see these exercises alternate with mobility on Mondays.

Coaching cue: A little bit of time on this goes a long way. Running is done with two legs, but it's a single-leg sport, so you need your feet and ankles to be strong.

Long run

Long runs are done over an extended distance or duration at a constant pace and kept to an easy-effort intensity. It's all about time on your feet. Try to minimize long stops, and practice fueling and hydration during this run the way you would on race day.

Coaching cue: Towards the end of the run you might feel more challenged due to fatigue—remember, that's okay!

Mobility

Mobility allows a joint to experience full, unrestricted range of motion. It's important because it reduces your risk of injury and allows your glutes to fire more effectively when running.

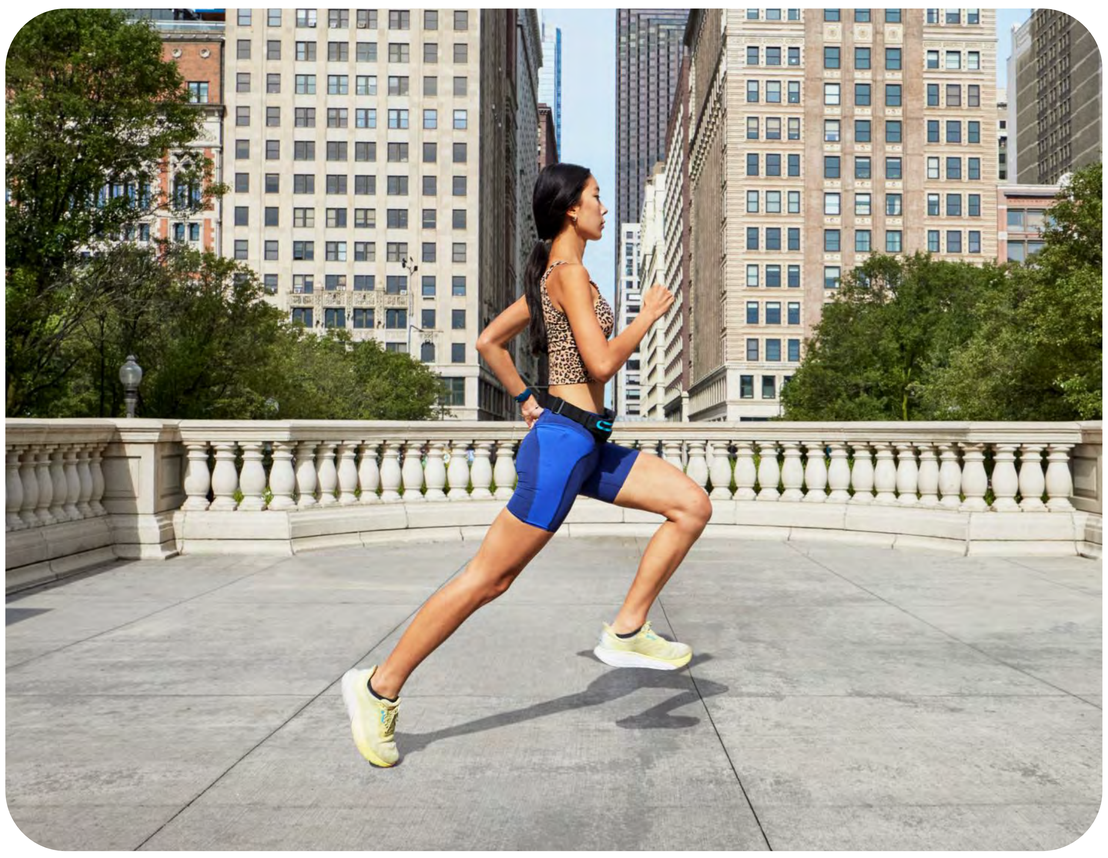
Coaching cue: Mobility can be found on the Monday schedule, but feel free to move it around, as needed, before a run or strength workout.

Total body anterior

These strength workouts are done on Tuesdays. They focus on the anterior chain, which runs along the front side of your body. By engaging your abdominals, hip flexors, quadriceps, tibialis, etc., these workouts build core stability, control knee position and improve stability at the hip, which is critical for running.

Total body posterior

These strength workouts are done on Thursdays. They focus on the posterior chain, which runs along the back side of your body. Engaging your back, glutes, hamstrings, calves, etc., increases power critical for running.



TIP FROM



KATHRINE SWITZER

The first woman to officially compete in the Boston Marathon in 1967.

"Be willing to start your training very slowly to prevent injury. There is a difference between feeling tired and feeling hurt. When you feel an injury coming, stop. As much as you want to get back into training, give yourself time off to let the injury heal. Get advice from a good physiotherapist and be consistent with the exercises recommended. Keep your shoes in good condition; stuff them with newspaper or paper towels for 12 hours when they are sodden; do not put them in the dryer! ALWAYS do stretching both before and after a running workout. Keep well hydrated, muscles need fluid."

WARM-UPS & COOL-DOWNS



LIBRARY OF VIDEO DEMOS

PRE-RUN WARM-UP

Warm-ups involve running or movements done at a lower intensity and slower pace. They are important because they give your body a chance to loosen up while gradually bringing your heart rate up (warm up). This improves running performance.

Coaching cue: This is arguably one of the most effective ways to prevent injuries!

Warm-up option 1

Instructions: 30 seconds per movement

WARM-UP 1 VIDEO DEMOS

- Knee tucks/hugs
- Hamstring scoop
- Figure 4
- Side lunge
- Leg swing side to side
- Leg swing forward/back
- Toe walking

Warm-up option 2

Instructions: 30 seconds per movement

WARM-UP 2 VIDEO DEMOS

- Calf pedaling
- Alternating hip/hamstring
- Runners lunge w/ twist
- Deep squat
- Forward lunge w/ twist
- Toe walking

POST-RUN COOL-DOWN

A series of stretches that stimulate muscle repair and healing. This part of your routine is important because it gives your body a chance to loosen up while gradually bringing your heart rate down (cool down).

Coaching cue: The time spent on this is a great opportunity to reflect on your run.

Cool-down

Instructions: Hold each for 30 seconds

COOL-DOWN VIDEO DEMOS

- Upper-body stretch
- Tricep stretch
- Quad stretch
- Seated calf stretch
- IT band stretch
- Low-lunge stretch
- Downward-facing dog
- Hamstring stretch
- Figure four
- Butterfly stretch
- Hip and back stretch
- Side-lying quad stretch

Equipment needed: Variety of dumbbells, a stable chair, a stable step stool or stair tread and a resistance band

STRENGTH TRAINING



LIBRARY OF VIDEO DEMOS

Strength work prevents injuries by strengthening muscles and connective tissues. This program includes two strength training blocks. Block 1 includes a weekly total body anterior and posterior workout in weeks 1-5, then in weeks 6-13 you will follow Block 2. Block 2 also has a weekly total body anterior and posterior workout, but it advances all of the exercises from Block 1 to challenge your body and allow your musculoskeletal system to get stronger. This is called progressive overload, and it allows for a gradual adaptation while minimizing risk of injury. Ankle/foot strengthening and hip mobility will alternate on Monday.

Equipment needed: Variety of dumbbells, a stable chair, a stable step stool or stair tread and a resistance band

Block 1 - Weeks 1-5

LIBRARY OF VIDEO DEMOS

Mobility Instructions: 2 x 8 reps

- Fire hydrant
- Donkey kicks
- Leg whips
- Forward hip circles
- Backward hip circles

OR

LIBRARY OF VIDEO DEMOS

Ankle/Foot Instructions: 2 x 8 reps

- Towel stretch
- ABCs: 1 set
- Ankle dorsiflexion
- Ankle plantar flexion
- Single-leg balance

LIBRARY OF VIDEO DEMOS

Total Body Anterior
Instructions: 3 x 10-12 reps

- Split squat
- Elevated push-up
- Squat band lateral walk (timed, 30 sec)
- Arnold press alternating

LIBRARY OF VIDEO DEMOS

Total Body Posterior
Instructions: 3 x 10-12 reps

- RDL partial rep
- Lat pull over
- Hip thrust
- Modified deadbug
- Calf raise: 2 up, 1 down

Block 2 - Weeks 6-11

LIBRARY OF VIDEO DEMOS

Mobility Instructions: 2 x 8 reps

- Fire hydrant
- Donkey kicks
- Leg whips
- Forward hip circles
- Backward hip circles

OR

LIBRARY OF VIDEO DEMOS

Ankle/Foot Instructions: 2 x 8 reps

- Towel stretch
- ABCs: 1 set
- Ankle dorsiflexion
- Ankle plantar flexion
- Single-leg balance

LIBRARY OF VIDEO DEMOS

Total Body Anterior

Instructions: 3 x 10-12 reps

- Reverse lunges
- Elevated push-up w/ tap
- Squat band lateral walk triple extension (timed, 30 sec)
- Arnold press
- Elevated quick switch

LIBRARY OF VIDEO DEMOS

Total Body Posterior

Instructions: 3 x 10-12 reps

- B-stance RDL
- Lat pull over double
- B-stance hip thrust
- Deadbug
- Deficit calf raise

Deload

LIBRARY OF VIDEO DEMOS

Mobility Instructions: 2 x 6 reps

- Fire hydrant
- Donkey kicks
- Leg whips
- Forward hip circles
- Backward hip circles

OR

LIBRARY OF VIDEO DEMOS

Ankle/Foot Instructions: 2 x 6 reps

- Towel stretch
- ABCs: 1 set
- Ankle dorsiflexion
- Ankle plantar flexion
- Single-leg balance

LIBRARY OF VIDEO DEMOS

Workout 1

Instructions: 2 x 8 reps

- Glute bridge
- Clamshell
- Reverse clamshell
- Reverse air clamshell

LIBRARY OF VIDEO DEMOS

Workout 2

Instructions: 2 x 8 reps

- Glute bridge
- Leg lift: Neutral toe
- Leg lift: Toe down
- Leg lift: Toe up

WEEK 1 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running	**Walk 30-40 minutes**	Easy-effort run 3 miles 4 x 25-second strides at the end of the run, 2-minute walk recovery between	**Easy-effort run 4 miles**		**Easy-effort run on soft surface 3 miles**	**Run or walk 2 miles**	**Long run 8 miles**	**20 miles**
Strength Block 1	Mobility exercises	Total body anterior		Total body posterior				

Weekly Nutrition Tip:

Proper hydration, especially in the heat of summer, is essential to feel your best during a run and throughout the day. When your body is well-hydrated, it maintains the fluid and electrolyte balance crucial for preventing muscle cramps, regulating body temperature to avoid overheating and enhancing recovery. Adequate hydration also boosts mental focus and alertness, ensuring you're at your best during those long summer runs.

Follow these tips to stay hydrated during your run:

- Drink plenty of water throughout the day and aim to drink at least 8-16 oz of fluids one to two hours before your run to ensure you’re adequately hydrated.
- During long runs, consider carrying a handheld water bottle, wearing a hydration belt or vest or planning your route around water fountains.
- Drinking water alone is not enough. Electrolytes are crucial for maintaining proper hydration. Bring electrolyte-enhanced water or electrolyte tablets with you on long runs to replenish sodium, potassium and other electrolytes lost through sweat. This can help prevent headaches, nausea and muscle cramps.
    - Rehydrate and recover with chocolate milk after your run. Research shows milk is one of the best beverages for hydration, even better than water. Especially after exercise, chocolate milk is a great option to help replace the electrolytes that are lost in sweat (like potassium, sodium, magnesium and calcium). These naturally occurring nutrients are the same electrolytes that are added to traditional sports drinks.
- Hot and humid weather increases fluid and electrolyte loss through sweat. Consider running during cooler times of the day, such as early morning or late evening, to avoid the hottest temperatures and reduce the risk of dehydration.
- Monitor your urine color. Dark urine can be a sign of dehydration, while very light urine may indicate over-hydration. Aim for a pale yellow color as a sign of adequate hydration.



WEEK 2 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/Walking	**Walk 30-40 minutes**	Easy-effort run 3.5 miles 4 x 25-second strides at the end of the run, 2-minute recovery between	**Easy-effort run 4.5 miles**		**Easy-effort run on soft surface 3.5 miles**	**Run or walk 2 miles**	**Long run 9 miles**	**22.5 miles**
Strength Block 1	Ankle/foot exercises	Total body anterior		Total body posterior				

Weekly Nutrition Tip:

EATING BEFORE YOUR RUN

Before every run, fuel with simple, easy-to-digest carbs for a quick boost of energy. Plan to allow 30 to 60 minutes to digest your pre-run fuel before you start running. Try one of the following:

- ½ cup applesauce
- 1 piece of toast with jelly
- 2 graham cracker sheets
- 1 fig bar
- 1 stroopwafel
- 1 banana
- 3 pieces dried mango
- 1 cup low-fiber cereal with dairy milk

Increase the amount of carbs you eat prior to a long run. Aim to eat 50 to 90+ grams of carbs. You may also wish to add a little fat/protein. Eating a larger portion means you may need additional time, at least 45 to 60 minutes, to digest the food before starting your run.



Sample pre-long run meal ideas:

- 1 bagel topped with peanut butter and banana
- 1 cup cooked oatmeal with 1 tbsp. brown sugar, 2 tbsp. raisins and dairy milk
- 2 slices toast + 2 tbsp. honey or jelly
- 4 whole graham cracker sheets

WEEK 3 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/Walking	**Walk 30-40 minutes**	Easy-effort run 3.5 miles 4 x 25-second strides at the end of the run, 2-minute walk recovery between	**Easy-effort run 5 miles**		**Easy-effort run on soft surface 4 miles**	**Run or walk 2 miles**	**Long run 10 miles**	**24.5 miles**
Strength Block 1	Mobility exercises	Total body anterior		Total body posterior				

Weekly Nutrition Tip:

FUELING YOUR LONG RUN

When your weekly long run becomes longer than 60 to 70 minutes at once, you'll want to start bringing along hydration, electrolytes and carbohydrates such as energy gels, chews or carb-based snacks. This practice will help sustain your energy levels and prevent feeling exhausted by the end of your run.

There are many different forms of carbohydrates you can choose to eat on a run:

- **Energy gels**: Gels provide a concentrated source of carbohydrates that are pre-packaged, convenient and easy to carry. Every Woman's Marathon will have **GU Liquid Energy Gels** on course and it is always a great idea to train with the nutrition that is provided.
- **Energy chews**: Similar to gels, chews are a portable source of carbohydrates that come in bite-sized pieces.
- **Carb-based foods**: Foods such as bananas, dried fruit, pretzels, applesauce pouches, granola bars or gummy candy are simple, easy-to-digest carbs that provide a quick energy boost while on a run.
- **Carb-electrolyte beverage**: Formulated to provide a mix of carbohydrates and electrolytes specifically designed to support fueling and hydration on a run. Every Woman's Marathon will have **Mortal Hydration** on-course, if you would like to practice with this beverage ahead of time.

If you're new to fueling during a run, visit a local running store, like **Fleet Feet**, for energy gels, chews or to pick up a carb-based snack. You'll need to start training your stomach to digest fuel while running. You may choose to take walk breaks when fueling on a run.

To begin trying out different fuel options, follow these steps:

- **Step 1**: Choose one of the following:
  - Energy gel (GU)
  - Energy chews
  - Carb-based food (banana, dates, pretzels, applesauce pouch or gummy candy)
- **Step 2**: During a shorter mid-week run, try eating a small amount of fuel to see how it tastes and feels in your stomach.
- **Step 3**: Once you find a carb-based fuel you like, practice taking it 30 to 45 minutes into your long run. A good starting point is to take half of an energy gel, a few energy chews or a small amount of carb-based food and drink with a couple big gulps of water or electrolyte-enhanced water.

Bonus tip

During long runs, start testing out the clothes you plan to wear on race day. You may wish to wear shorts with large side pockets to store fuel and a hydration belt or vest for a hands-free way to carry fluids.

WEEK 4 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running Step-Back Week	**Walk 30 minutes**	Easy-effort run 3 miles 4 x 25-second strides at the end of the run, 2-minute walk recovery between	**Easy-effort run 4 miles**		**Easy-effort run on soft surface 3 miles**	**Run or walk 2 miles**	**Long run 8 miles**	**20 miles**
Strength Deload	Ankle/foot deload	Deload workout 1		Deload workout 2				

Weekly Nutrition Tip:

START YOUR DAY WITH BREAKFAST

Eating a balanced breakfast with high-quality sources of protein, starches/whole grains, fruits and/or vegetables and fat sets the tone for the day and impacts your energy level both later in the day and on your next run. While mornings can be hectic, especially if you've added in an early morning run session, the key is to plan ahead and have easy meals ready to go.

Choose one of these quick and easy breakfasts to get you started:

- Veggie Protein Egg Muffins
- Mango Overnight Oats with one or two hard boiled eggs
- Two whole grain waffles topped with Greek yogurt, berries and granola
- Enjoy an Iced Latte with any of your breakfast meals

Did you know?

Dairy milk outperforms plant-based alternatives with its 13 essential nutrients. It contains more protein than the majority of plant-based milks.



EXPERT'S TIP



Alysha Flynn

Taking a "step-back week" in running allows your body to recover and reduces risk of injury. Think of these weeks as a nice mental reset button! Strength training deload weeks become increasingly important too. Focus on working at a lower perceived effort this week.

VEGGIE PROTEIN EGG MUFFINS

Ingredients

- 1 cup cubed protein of your choice (can be ham, sausage, etc.)
- 1 cup potatoes with onions and peppers or vegetables of your choice, sliced or cubed
- ¾ cup frozen spinach, chopped
- ½ cup low-fat cheddar or Swiss cheese, shredded
- 6 eggs
- ¾ cup dairy milk (adds fluffiness and additional protein!)

Directions

Preheat the oven to 375°F. Lightly coat a 12-cup muffin tin with non-stick spray or use silicone muffin cups.

1. Distribute the cubed protein evenly among the 12 muffin cups. Add the potatoes with onions and peppers or other vegetables evenly into each cup. Evenly distribute the chopped spinach among the muffin cups. Sprinkle the shredded cheese evenly on top of the other ingredients in each cup.
2. In a large bowl, beat the eggs and milk together until well combined. Pour egg mixture evenly over the ingredients in each muffin cup. Fill each cup about ¾ full.
3. Bake in a preheated oven for 20-25 minutes or until the muffins are lightly browned and puffed. The muffins are done when a toothpick inserted comes out clean. Cool for a few minutes before removing them from the tin. Serve warm. Store in the fridge for up to five days, or freeze for up to three months.

MANGO OVERNIGHT OATS

Ingredients

- ⅓ cup old-fashioned rolled oats
- ½ cup low-fat milk
- ¼ tsp. vanilla extract
- ¼ cup fresh or frozen mangos
- 1 tbsp. honey
- 1 tsp. chia seeds

Directions

Combine the oats and milk in a bowl or a jar. Mix in vanilla extract. Add a layer of mango. Top with a drizzle of honey and chia seeds.

1. Cover and refrigerate overnight or at least eight hours. Best eaten within 24 hours.

ICED HONEY LATTE

Ingredients

- 2 shots espresso
- 1 cup dairy milk
- 2 tbsp. maple syrup or honey

Directions

Combine chilled espresso or coffee, milk and liquid sweetener in a tall glass filled with ice and stir well. Enjoy!

WEEK 5 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/Walking	**Walk 30-40 minutes**	Easy-effort run 4 miles + 5 x 30-second strides at the end of the run, 2-minute walk recovery between	**Easy-effort run 5 miles**		**Easy-effort run on soft surface 4.5 miles**	**Run or walk 2.5 miles**	**Long run 12 miles**	**28 miles**
Strength Block 1	Mobility exercises	Total body anterior		Total body posterior				

Weekly Nutrition Tip:

REFUEL WITH CHOCOLATE MILK POST-RUN

Drinking a cold glass of chocolate milk within 30 to 60 minutes after your run offers a simple yet effective way to support your body's recovery process.

Chocolate milk provides:

- Carbohydrates to replenish muscle glycogen (fuel) stores
- Protein for rebuilding and repairing muscle fibers
- Fluids and electrolytes to replenish losses from sweating

As your runs exceed 60 minutes in length, prioritizing post-run recovery becomes increasingly important to decrease muscle soreness and aid in faster muscle recovery.

If you're lactose intolerant, lactose-free milk is real milk with all the same nutrients as dairy milk. It provides nutrients that can be hard to get enough of through other foods so it's an important part of your performance plate. Plant-based milk alternatives are not nutritionally equivalent.

Prefer a smoothie? Try one of these recipes:

Peanut Butter Banana Smoothie

Blend together:

- 1 cup chocolate milk
- 1 frozen banana
- ¼ cup plain Greek yogurt
- 1 tbsp. peanut butter
- Handful of spinach

Strawberry Smoothie

Blend together:

- 1 cup milk
- 1 cup frozen strawberries
- ½ cup Greek yogurt
- Honey, to taste

WEEK 6 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/Walking	**Walk 30-40 minutes**	**Easy-effort run 4.5 miles** + 5 x 30-second strides at the end of the run, 2-minute walk recovery between	**Easy-effort run 5.5 miles**		**Easy-effort run on soft surface 5 miles**	**Walk or run 3 miles**	**Long run 14 miles**	**32 miles**
Strength Block 2	Ankle/foot exercises	Total body anterior		Total body posterior				

Weekly Nutrition Tip:

TRAINING YOUR STOMACH ON LONG RUNS

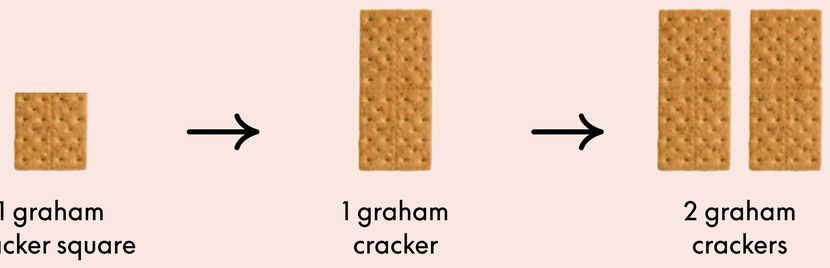
As you train your stomach to tolerate more carbohydrates during your long run, you'll want to aim to take in at least 50 to 60 grams of carbs per hour. This is one of the key fueling strategies needed to prevent from hitting the dreaded "wall" during long runs and on race day.

- Use the visual to the right as a guide to train your stomach to tolerate more carbohydrates.
- **Step 1:** Take half of an energy gel (or about 8 to 15 grams of carbs) about every 45 minutes during your long run. Drink with a couple big gulps of water or electrolyte-enhanced water.
  - You will also need to train your stomach to tolerate liquids. Plan to drink 6 to 24+ oz of plain water or an electrolyte-enhanced beverage per hour, depending on your individual sweat loss.
- **Step 2:** Increase carbs by taking a full energy gel (or about 30 grams of carbs) every 35 to 40 minutes during your long run. Consider drinking with a carb-electrolyte beverage, like **Mortal Hydration**, as tolerated.
- **Step 3:** Your end goal is to take one energy gel every 30 minutes to reach your carb needs (50 to 60 grams of carbs per hour). Drinking 6 to 24+ ounces of a carb-electrolyte beverage per hour can help you meet your carb, electrolyte and fluid needs.

HOW TO TRAIN YOUR STOMACH

Increase carbs every three to five days
or once you tolerate/feel comfortable





Note: The optimal intake of fluids and electrolytes you need per hour depends on individual factors like how heavy and salty of a sweater you are and the weather conditions.

Remember to experiment with different fueling options during training to find what works best for you in terms of taste, digestion and performance. Be sure to drink plenty of fluids and incorporate electrolytes to stay hydrated during long runs.

WEEK 7 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/Walking	**Walk 30-40 minutes**	Easy-effort run 5 miles + 5 x 30-second strides at the end of the run, 2-minute walk recovery between	**Easy-effort run 6 miles**		**Easy-effort run on soft surface 5 miles**	**Run or walk 3 miles**	**Long run 15 miles**	**34 miles**
Strength Block 2	Mobility exercises	Total body anterior		Total body posterior				

Weekly Nutrition Tip:

SET YOURSELF UP TO FEEL ENERGIZED ON YOUR LONG RUN

What you eat the night before your long run (e.g., dinner Saturday night if you're running Sunday morning) will impact how you feel on your run the next day. Be intentional about eating a larger portion of carbohydrate foods by following the High Training Performance Plate, with half of your plate consisting of carbs, ¼ protein and ¼ fruits/vegetables the night before your long run. Choose foods that are familiar to you and limit spicy, high-fat and high-fiber foods.

DINNER IDEAS FOR THE NIGHT BEFORE YOUR LONG RUN

Homemade Stir Fry: White rice + protein of choice (e.g., shrimp, chicken, beef, pork, tofu, etc.) + steamed vegetables (broccoli, carrots, sugar peas) + stir fry sauce

Salmon & Sweet Potato: Large sweet potato + salmon + grilled or steamed vegetable (e.g., asparagus, zucchini or roasted beets)

MUSHROOM SKILLET RICE

ONE POT CHICKEN THIGHS

EXPERT'S NOTES



Alysha Flynn

It's a strength training deload week! This week will help prevent overtraining and injury. Allow your body to recover from all the hard work you've put in over the past seven weeks.

GEAR TIP FROM



DANIELLE MCLAUGHLIN

Cancer survivor, amputee and world champion athlete who ran the NYC Marathon. Danielle is also an All Star on the Team CAF softball team.

1. At least two pairs of running shoes: Extra credit for shoes that are fun and make you feel like a bada** during your training runs! It's helpful to alternate shoes during training periods, but I also prefer having a speed shoe and a shoe for longer runs.
2. Running hat: I never run without one. Perfect for keeping the sun and rain out of your face and for warmth in the winter.
3. Handheld water bottle for long runs.

WEEK 8 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running Step-Back Week	**Walk 30 minutes**	**Easy-effort run 3 miles** + 5 x 30-second strides at the end of the run, 2-minute walk recovery between	**Easy-effort run 5 miles**		**Easy-effort run on soft surface 3 miles**	**Walk or run 3 miles**	**Long run 12 miles**	**26 miles**
Strength Deload	Ankle/foot deload	Deload workout 1		Deload workout 2				

Weekly Nutrition Tip:

RUNNING DURING YOUR PERIOD

Running during your period can present unique challenges, but with minor adjustments, you can support your performance and alleviate discomfort. Here are some fueling tips for running on your period:

FUELING:

- **Stay hydrated:** Drink plenty of fluids before, during and after your run to stay hydrated, especially if you experience heavy menstrual flow. Dehydration can exacerbate symptoms like fatigue and cramping.
- **Eat balanced meals:** Follow the performance plates from page 3. Menstruation can lead to iron loss, so make sure to include iron-rich foods such as lean meats, beans, lentils, dark leafy greens, fortified cereals and nuts in your meals to help maintain optimal iron levels and prevent fatigue.
- **Fuel around your run:** Ensure your body has the necessary nutrients and energy available to perform optimally, enhance endurance and support recovery afterward.
- **Incorporate omega-3s and antioxidants:** Foods rich in omega-3s and antioxidants can help reduce menstrual symptoms like bloating and cramping. Examples include fatty fish (salmon, mackerel), flaxseeds, chia seeds, berries, leafy greens and turmeric.

TRAINING ADJUSTMENTS:

- **Monitor your energy levels:** Your energy levels may fluctuate depending on the phase of your menstrual cycle. Fatigue, mood swings and loss of motivation are common during the menstrual phase (days 1-5) and the luteal phase (days 15-28). Use a period tracking app to plan harder efforts for the days when you may feel more energetic.
- **Adjust your efforts:** If an effort feels "harder than it should," don't get discouraged. Adjust your training runs according to your energy levels and symptoms.

GEAR:

- **Choose the right menstrual products:** Traditional cotton tampons or pads can be challenging for training. They can absorb natural vaginal moisture during long runs, leading to dryness, discomfort, chafing and irritation.
- **Consider reusable products:** Reusable menstrual products, such as the Saalt menstrual cups or period panties, can provide more comfort for long training runs. Their design and synthetic materials tend to reduce friction and offer more capacity for heavy flow days.
- **Prevent chafing:** Prevent chafing with anti-chafing creams and moisture-wicking athletic shorts and underwear. This is especially important during your menstrual cycle when you may experience a surge of fluids.

WEEK 9 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/Walking	**Walk 30-40 minutes**	**Easy-effort run 5 miles** + 6 x 30-second strides at the end of the run, 2-minute walk recovery between	**Easy-effort run 7 miles**		**Easy-effort run on soft surface 5 miles**	**Run or walk 3 miles**	**Long run 16 miles**	**36 miles**
Strength Block 2	Mobility exercises	Total body anterior		Total body posterior				

Weekly Nutrition Tip:

CREATING YOUR RACE DAY FUELING PLAN

Each weekly long run is an opportunity to train your stomach and practice how you will fuel on race day. Write a plan for how you will fuel before, during and after a long run. Use this chart as a guide.

	WHEN	WHAT	SUGGESTIONS
Before your run	60 to 90 minutes before your run	Eat a carb-heavy meal with a little protein/fat. Remember, the bigger the meal, the more time you'll need for digestion. Drink 8 to 16 oz of fluids about 1 to 2 hours before your run. Consider adding electrolytes to your water. Consider eating some simple carbs for a quick energy boost at the start line.	Bagel + peanut butter + banana + honey 8-16 fl oz carb-electrolyte-enhanced beverage or dairy milk 1 energy gel or 4-5 chews + sips of fluids
	20-30 minutes before your run		
During your run	Every 30 to 45 minutes Every 15 to 20 minutes	Aim to take in 50 to 60 grams of carbohydrates per hour such as 1 energy gel, 4-5 energy chews or 1 serving of jellybeans. Hydrate with 3 to 6 oz of water or carb-electrolyte drink. Aim for 8 to 20+ oz of fluids per hour. Adjust fluid intake based on your hydration needs.	**Sample Race Day Fueling Plan:** Every 15 minutes: 2 to 4 fl oz regular Mortal Hydration Every 30 minutes: 1 GU Liquid energy gel + 2 to 3 gulps water If you're a heavy sweater and/or are running in hot/humid temperatures, drink more water and/or Mortal Hydration during your race to replace fluids and electrolytes lost through sweat.
After your run	Within 30 to 60 minutes of finishing 1-3 hours after your run	Refuel with carbs, protein, fluids and electrolytes. Eat a balanced meal following the High Training Performance Plate.	A glass of chocolate milk Turkey sandwich with pita chips and hummus, kiwi and carrot sticks

WEEK 10 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/Walking	**Walk 30 minutes**	Easy-effort run 4 miles + 6 x 30-second strides at the end of the run, 2-minute walk recovery between	**Easy-effort run 5 miles**		**Easy-effort run on soft surface 4 miles**	**Run or walk 3 miles**	**Long run 14 miles**	**30 miles**
Strength Deload	Ankle/foot deload	Deload		Deload workout 2				

Weekly Nutrition Tip:

EASY LUNCH IDEAS FOR A BUSY SCHEDULE

As your weekly mileage increases, you'll notice you'll feel more hungry. Rather than reaching for office treats or your kid's snacks in the pantry, focus on prioritizing a nutritious lunch. This ensures steady energy levels throughout the afternoon. Strategic planning and mindful eating choices are essential for maximizing your training progress.

These lunch ideas are not only quick and easy to prepare, but also provide a balance of carbohydrates, protein and healthy fats. Use the Moderate Training Plate (see Page 3) for guidance on how to create a balanced plate. Adjust portion sizes based on your individual energy needs.

Whole Grain Wrap: Fill a whole grain wrap with lean protein like grilled chicken or tofu, veggies such as spinach, bell peppers and cucumbers and a spread of hummus or mashed avocado. Serve with cottage cheese and mandarin oranges.

Creamy Spinach and Mushroom Quesadillas: Sauté sliced mushrooms and spinach until wilted. Combine cream cheese and milk in a bowl and spread mixture onto a tortilla. Top with cooked spinach and mushrooms. Add shredded cheese and another tortilla on top. Cook in a skillet until golden brown and crispy. Slice into wedges and serve with salsa or guacamole for a delicious lunch.



Harvest Grain Bowl: Prepare cooked quinoa (or microwave quinoa/rice pouch), rotisserie chicken, roasted butternut squash, kale and brussels sprouts. Top with pumpkin seeds, crumbled goat cheese, cranberries and a drizzle of balsamic vinegar. Add diced apple or pear for sweetness.

POTATO LEEK SOUP

Prepare this delicious soup and reheat it for lunch throughout the week.

WEEK 11 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/Walking	Walk 30-40 minutes	Easy-effort run 5 miles + 7 x 30-second strides	Easy-effort run 8 miles		Easy-effort run on soft surface 5 miles	Run or walk 4 miles	Long run 17-18 miles	40 miles
Strength Block 2	Mobility exercises	Total body anterior		Total body posterior				

Weekly Nutrition Tip:

EATING ON REST & RECOVERY DAYS

If it feels like you can't stop eating the day after a long run, know that it's completely normal. Honor your hunger and be intentional about creating balanced meals following the High Training Performance Plate.

Keep your pantry, fridge and freezer stocked with easy-to-prepare foods such as frozen meatballs, grilled chicken, meat patties, canned tuna and salmon, frozen fruits and vegetables, microwavable rice and grain pouches, pancake mix and frozen waffles.

- Plan quick, easy meals, as training will be taking up more time.
- Before next week's long run, write out your fueling plan including what you'll eat the night and morning before your long run and your race day fueling plan. This will help you prepare for race day as you do a trial run next week.

Help your body fully recover from peak training weeks by adding in anti-inflammatory foods such as berries, salmon, dairy milk, cherries, beets, lean proteins, tart cherry juice, yogurt, kimchi, avocados and flaxseed. Here are a few ideas:

- Roast beets and add to grain bowls.
- Mix tart cherry juice with sparkling water for a refreshing mocktail.
- Add kimchi to rice bowls, tacos or sandwiches for a spicy and tangy kick.
- Mash avocado onto whole grain toast and top with sliced tomatoes, salt and pepper.
- Opt for dairy milk when baking goods such as muffins, pancakes or bread for a nutritional boost.
- Pour lactose-free dairy milk over granola for a quick snack.

EXPERT NOTES



Alysha Flynn

Remember you have options as you follow this plan. You can swap Saturday's run for a walk or cross-training session. Your walk on Monday can be swapped for a rest day. Let's make this work for you and your schedule! There are a million ways to get it right!

WEEK 12 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running Step-Back Week	**Walk 30 minutes**	**Easy-effort run 4 miles + 6 x 30-second strides**	**Easy-effort run 6 miles**		**Easy-effort run on soft surface 4 miles**	**Run or walk 3 miles**	**Long run 14 miles**	**31 miles**
Strength Deload	Ankle/foot deload	Deload workout 1		Deload workout 2				

Weekly Nutrition Tip:

SATISFYING SNACKS

By incorporating snacks into your daily routine, you can maintain a steady level of energy and stave off hunger between meals, reducing the likelihood of overeating in the afternoon or evening.

Keep portable snacks at your office, workplace and in your purse and/or car so when hunger hits, you have nutritious snacks available to eat.

Here's some snack ideas you may wish to keep on hand.

- Apples + individual nut butter packets
- Dried fruit + almonds
- Whole grain crackers + tuna pouch
- Popcorn + turkey stick
- Individual oatmeal cups
- Roasted edamame
- Shelf-stable dairy milk
- Have access to a fridge? Stock up on individual cups of Greek yogurt, cottage cheese, drinkable yogurts, string cheese, hummus, guacamole cups or hard boiled eggs.



Did you know?

Plant-based milks aren't nutritionally equivalent to dairy milk, which provides 13 nutrients including high-quality protein.

WEEK 13 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running Step-Back Week	Walk 30-40 minutes	Easy-effort run 6 miles 8 x 30-second strides	Easy-effort run 8 miles		Easy-effort run on soft surface 5 miles	4 mile walk or run	Long run 18-20 miles	43 miles
Strength Block 2	Mobility deload	Total Body Anterior		Total Body Posterior				

Weekly Nutrition Tip:

EASY MEALS FOR PEAK WEEK

- Plan easy to prepare meals this week.
  - Salmon + quick cooking rice + pre-bagged side salad
  - Baked Feta Pasta (recipe on next page)
  - Tuna salad wrap: Mix canned tuna with Greek yogurt, diced celery and Dijon mustard. Spread the mixture onto a whole grain tortilla, add lettuce and tomato and wrap it up for a satisfying and portable meal.
  - Cooked quinoa + black beans + corn + diced avocado + salsa + squeeze of lime
  - Stir fry tofu, shrimp, chicken or other protein + vegetables (broccoli, carrots, sugar peas) + cooked rice or noodles
- During this crucial stage of training, it can be easy for your body to become run-down and for you to get sick. Dairy milk provides essential nutrients including vitamins A and D, protein, zinc and selenium that support a healthy immune system.
- Enjoy your favorite desserts alongside balanced meals to satisfy cravings and contribute to overall satisfaction with your healthy eating habits. Try this Rice Pudding (recipe on next page) for a delicious dessert option made with dairy milk, which provides a satisfying creamy texture and comforting flavor. Customize it with your favorite toppings such as fresh fruit, nuts and a sprinkle of cinnamon.

TIP FROM



ALISON MARIELLA DÉSIR

Author of 'Running While Black', activist, co-chair of the Running Industry Diversity Coalition and founder of Harlem Run.

"Keep your WHY front and center always. This is what will push you to get out of bed when you don't want to and finish your race when things get difficult. Motivation will come and go throughout your training, so your why and your discipline will keep you going. A wise friend of mine once said, 'Do what you have to, not what you want to'."

RICE PUDDING

Ingredients

- 1 ¼ cup water
- 1 ¼ cup milk
- 1 ½ cup short grain rice
- ½ cup brewed coffee
- 1 (12 oz) can evaporated milk
- 1 (14 oz) can condensed milk
- 1 tbsp. vanilla extract
- ¼ tsp. salt

Directions

1. Combine milk, water and rice in a saucepan. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover and simmer for 20 minutes.
2. After rice has simmered for 20 minutes, lower the heat and gradually stir evaporated milk and condensed milk into the rice.
3. Once combined, mix in the espresso, vanilla and salt. Continue to stir until the mixture thickens, about 7 to 10-15 minutes. When pudding reaches desired consistency, remove from heat and pour into individual dishes, or a large bowl.
4. Store in the refrigerator until ready to serve.

CHOCOLATE WHIPPED CREAM

Ingredients

- 3 oz dark or bittersweet chocolate
- 1 cup heavy cream
- ½ tsp. salt

Directions

1. Put the chocolate and salt in a medium bowl.
2. Bring the cream to a gentle boil in a large heavy saucepan, and pour over the chocolate. Let stand for 30 seconds, then stir well.
3. Let stand for another 15 minutes or so to finish melting the chocolate. Let cool and refrigerate for at least four hours, or until completely chilled.
4. Once fully chilled, whip the cream with an electric mixer until it lightens and hold a soft peak. Use immediately or refrigerate until needed.

BAKED FETA PASTA

Ingredients

- 2 pints (20 oz) cherry tomatoes
- 4 tbsp. extra-virgin olive oil, divided
- 1 (8 oz) block feta
- 10 oz uncooked pasta
- 1 shallot, quartered
- 3 cloves garlic, smashed
- 8 oz spinach, roughly chopped
- ¼ tsp. crushed red pepper flakes
- Salt and pepper, to taste
- Cooked protein of choice: shredded chicken, shrimp, Italian sausage

Directions

1. Preheat the oven to 400°F.
2. Place a block of feta cheese in the center of a 9x13-inch or 3-quart baking dish. Arrange tomatoes around the cheese. Drizzle olive oil over the tomatoes and feta cheese, ensuring the tomatoes have been tossed with a little bit of oil. Sprinkle it with red pepper flakes, salt and pepper.
3. Bake uncovered for 30 to 35 minutes.
4. After baked, broil on high for 2 to 4 minutes or until the top of feta is golden rust and tomatoes begin to blister.
5. Meanwhile, cook pasta to al dente per package directions.
6. Reserve ½ cup pasta water and right before draining, pour and submerge spinach in with the pasta. Drain pasta and spinach.
7. Smash the tomatoes, garlic, oil and feta together with the back of a fork.
8. Add cooked pasta and cooked protein of choice (e.g., shredded chicken, shrimp or Italian sausage).

WEEK 14 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running Step-Back week	Walk 30 minutes	Easy-effort run 5 miles + 7 x 30-second strides	Easy-effort run 7 miles		Easy-effort run on soft surface 5 miles	Walk or run 4 miles	Long run 12-14 miles	35 miles
Strength Deload	Ankle/foot deload	Deload workout 1		Deload workout 2				

Weekly Nutrition Tip:

PRACTICE CARB LOADING

Have you ever heard of carbohydrate loading? Maybe you think of eating a big pasta dinner the night before a race, but it's so much more!

Carb loading is a strategy used by endurance runners to ensure the body has sufficient energy reserves available to sustain prolonged running. It involves consuming a high-carbohydrate diet two to three days leading up to the race, which delays the onset of fatigue on race day to help you finish a marathon feeling energized without hitting the dreaded "wall."

To carb load, fill your plate with about 80% carbohydrates and 20% protein/fat at each of your meals and snacks for two to three days before your race. This allows your body to fully stock your glycogen stores, giving you the energy you'll need to keep going on race day.

This week, practice a one-day carb load the day before your long run using the sample meal plan for reference. This will give you a good understanding of what carb loading feels like and to make adjustments accordingly.

Note: If you have a medical condition such as diabetes or pre-diabetes and need to manage your blood sugar, consult with your dietitian prior to following this carb loading plan.

Here's a sample 1-day carb loading plan:

Breakfast	Overnight oats • ⅔ cup old-fashioned rolled oats • 1 cup low-fat milk • ¼ cup dried fruit • 2 tbsp. walnuts • 1 tbsp. honey Directions: 1. Combine the oats and milk in a bowl or a jar. Cover and refrigerate overnight. 2. In the morning before serving, stir in the dried fruit, nuts and honey.
AM snack	1 cup sweetened applesauce + string cheese
Lunch	Sub sandwich with turkey slices, spinach, tomato + 1 serving pretzels + 1 rice krispie bar + 8 oz juice
Afternoon snack	Fruit & milk smoothie with 1 cup frozen fruit + 1 cup milk + 1 tbsp. honey
Dinner	1 large baked potato + sour cream or plain Greek yogurt + ½ cup roasted broccoli + shredded chicken + 2 slices bread + 8 oz milk
Bedtime snack	1 large soft pretzel + handful of almonds

During a carb load, be intentional about drinking more fluids such as water, juice, milk or a carb-electrolyte drink. As you are restocking glycogen stores, your body is retaining more fluids, which will help keep you hydrated, too.

WEEK 15 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running Taper	Walk 30 minutes	Easy-effort run 4 miles + 8 x 30-second strides	Easy-effort run 7 miles		Easy-effort run on soft surface 4 miles	Walk or run 3 miles	Long run 8-10 miles	28 miles
Strength Deload	Hip mobility	Hip mobility		Hip mobility				

Weekly Nutrition Tip:

ONE WEEK TO GO! FINALIZE YOUR PLANS.

- If you feel more hungry this week even though you're running fewer miles, that's completely normal. Your appetite will naturally adjust, so don't overthink it or feel like you need to ignore your hunger. Be consistent with eating three balanced meals and two snacks throughout the day, following the Moderate Training Performance Plate.
- Make a plan and finalize restaurant reservations or grocery delivery orders for the time you're in Savannah.
- Make sure you have all the energy gels, chews, carbs and fluids you need to fuel with on the race course. If needed, stop by your local running store or place an online order so it's delivered on time.

TRAVELING TIP FROM



DANIELLE MCLAUGHLIN

Cancer survivor, amputee and world champion athlete who ran the NYC Marathon. Danielle is also an All Star on the Team CAF softball team.

1. Consider time zone changes. For me, I've traveled from the West Coast to East Coast for both NYC and Boston Marathons. For that reason, I flew out a few extra days early to adjust. Knowing myself, my sleep gets disrupted with travel so I wanted to give myself some time to recover from that and feel fresh for race day.

2. Bring at least one supporter. It can feel overwhelming at your first marathon. I felt like I had imposter syndrome and it was nice to have my husband and best friends as my hype crew reminding me that I had trained for this and was ready.

3. Know how you'll celebrate your accomplishment post-race! Then, you can look forward to it throughout the race. For me, I love a good brewery so we typically stake out a new spot I'll get to try post-race.

WEEK 16 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running Taper	Walk 30 minutes	Easy-effort run 3 miles + 4 x 6.5-second strides	Easy-effort run 4 miles		2-mile shakeout run	26.2 miles		35.2 miles
No Strength Training								

Weekly Nutrition Tip:

IT'S RACE WEEK!

- Early this week, plan and purchase the groceries you'll need for travel, carb loading and race day. Traveling can be stressful, and your regular eating schedule may be off. You may also be traveling on a carb loading day. Bring plenty of portable carbs along, such as pretzels, bananas, dried fruit, fruit snacks, animal crackers, low-fiber cereal and chocolate milk.
- If you're in a pinch and looking for easy protein sources to recover after your run, go to the nearest grocery shop or supermarket and get a single-serve chocolate milk. Easy and delicious!
- Don't forget to pack your race kit in your carry-on luggage if flying by airplane. This includes your running shoes, race day outfit, gels, chews or fuel for the race course, water bottle/ hydration vest, running watch and charger.
- Since the race is on Saturday, you'll want to start carb loading on Wednesday. This gives you the three days you need to fully stock your glycogen stores, which will help prevent you from "hitting the wall" on race day.
- Friday's Wellness Fair & Expo is going to be super fun, but don't forget to carry extra food throughout the day to stay on top of carb loading. Bring along carb-heavy snacks such as bagels, and don't forget to pick up some chocolate milk at the expo!
- Remember, eat foods that you're familiar with and have eaten throughout your training cycle. Avoid trying any new foods this week.

RACE DAY MANTRAS



KATHRINE SWITZER

The first woman to officially compete in the Boston Marathon in 1967.

1. You are the luckiest woman in the world to be able to do this.
2. When you put off running, remember you will always feel better after the workout than if you don't do it.
3. I visualize myself at the 22-mile mark in the marathon, where it gets really hard, and remember I've done the training to get through this with no problems and concentrate on the anticipation of a great finish.

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