EVERY WOMAN'S MARATHON™

POWERED BY TEAM MILK

BEGINNER MARATHON TRAINING GUIDE

Use this 16-week plan to build your endurance and get the nutrition you need.

Already completed the 12-week Base Plan?
This training guide will lead you through the next 16 weeks to race day.

Haven't completed the 12-week Base Plan?
Don't sweat, you can start here and still be ready for race day.

YOUR JOURNEY AT A GLANCE

12-WEEK BEGINNER BASE PLAN

Part 1 of 2

Start Here

16-WEEK BEGINNER MARATHON TRAINING PLAN

Part 2 of 2

Start this Marathon Training Plan
even if you haven't completed the 12-week Base Plan

RACE DAY

WELCOME TO YOUR 16-WEEK BEGINNER MARATHON GUIDE!

By now, you may have utilized our Team Milk Base Plan to establish a comfortable foundation. But if you haven't, don't worry. This guide will lead you through the next phase, help you shake off your nerves, build your endurance and take each stride of Every Woman's Marathon with confidence!

This guide is a great fit if you can comfortably run 8 miles and are running around 20 miles per week.

It provides a relaxed build-up and emphasizes strength training and nutrition, which will help runners reach their potential. You'll be guided through four to five days a week of running (on roads and soft surfaces) and walking for recovery. The plan also incorporates mobility and strength training. 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 stepback weeks
- Build race-ready confidence with increased endurance

In partnership with Team Milk, Coach Alysha Flynn of What Runs You and Kristy Baumann, RD, LD, Running Dietitian, created this guide to support first-timers and beginner marathoners with tips and helpful insights from our team captains.

Meet your Training Experts:

Alysha Flynn

Coach Alysha Flynn (@whatrunsyou) is a Road Marathoner/Trail Ultra Runner and has been running for over 25 years. She uses her expertise to pursue a passion for coaching through her business What Runs You. Her philosophy makes training approachable, and she guides women to achieve their running goals through self-discovery, empowerment and engagement with a team of support.

Kristy Baumann

Kristy Baumann (@marathon.nutritionist) is a Registered Dietitian (RD), an accomplished marathon runner, a business owner and a mother of two who is all about optimizing nutrition. She empowers women runners by helping them build confidence in fueling their bodies effectively, for both long-distance running and the marathon of everyday life.

FUELING

Everyday meals lay the foundation for fueling your runs

YOUR GUIDE TO USING 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 impact your body's ability to have the energy needed to complete workouts and recover faster — while still having 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 components:

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, beets and carrots, starches and grains provide carbohydrates that are your body's preferred source of energy during endurance activities like running.

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.

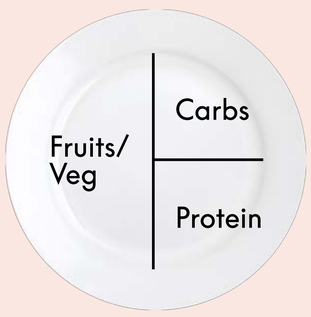
Proper **hydration** helps to maintain fluid balance, regulate body temperature and support performance and recovery. Managing hydration is more than just making sure you get enough to drink during and immediately after your runs. Make sure you're drinking throughout the day—aim to get 8–10 cups of water 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 dairy milk is one of the best beverages for hydration (even better than water), especially after exercise. That's thanks to dairy milk's natural electrolytes, carbohydrates and protein content. Dairy milk is 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. What you'll notice—as mileage and intensity of training increase, you'll increase the portion of grains/ starches you eat.

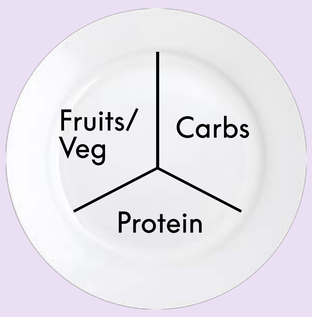
Weeks 1-4

Low Training Plate



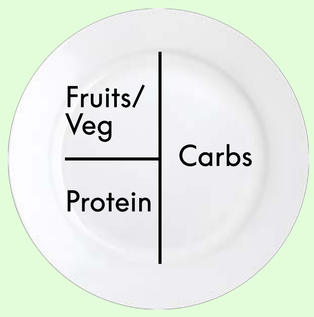
Weeks 5-10, 12, 14-16

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. Grill a variety of vegetables, such as zucchini, eggplant, mushrooms and onions. Add to sandwiches and wraps, or use as a topping for pizzas, salads and grain bowls.
Smoothie packs: Pre-portion smoothie ingredients, such as frozen fruits, spinach, and oats, into individual bags or containers. Blend the ingredients with dairy milk when ready to enjoy for a quick, nutritious 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.

BEGINNER MARATHON PLAN CALENDAR OVERVIEW

WEEK	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN. HIGH	SUN. LOW	COMPLETE
	Rest	**Easy-effort run** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run**	**Easy-effort run** Soft surface	**Rest**	**Flexible movement 20-30 minutes** Optional: walk, light run, (2 miles suggested), cross-train OR rest	**Long run**	**Long run**	
1	Rest	3 mi + strides	4 mi	3 mi	Rest	2 mi or rest day	8 mi	8 mi	☐
2	Rest	3.5 mi + strides	4.5 mi	3.5 mi	Rest	2 mi or rest day	9 mi	9 mi	☐
3	Rest	3.5 mi + strides	5 mi	4 mi	Rest	2 mi or rest day	10 mi	10 mi	☐
4	Rest	3 mi + strides	4 mi	3 mi	Rest	2 mi or rest day	8 mi	8 mi	☐
5	Rest	4 mi + strides	5 mi	4.5 mi	Rest	2.5 mi or rest day	12 mi	12 mi	☐
6	Rest	4.5 mi + strides	5.5 mi	5 mi	Rest	3 mi or rest day	14 mi	14 mi	☐
7	Rest	5 mi + strides	6 mi	5 mi	Rest	3 mi or rest day	15 mi	15 mi	☐
8	Rest	3 mi + strides	5 mi	3 mi	Rest	3 mi or rest day	12 mi	12 mi	☐
9	Rest	5 mi + strides	7 mi	5 mi	Rest	3 mi or rest day	16 mi	16 mi	☐
10	Rest	4 mi + strides	5 mi	4 mi	Rest	3 mi or rest day	14 mi	14 mi	☐
11	Rest	5 mi + strides	8 mi	5 mi	Rest	4 mi or rest day	18 mi	17 mi	☐
12	Rest	4 mi + strides	6 mi	4 mi	Rest	3 mi or rest day	14 mi	14 mi	☐
13	Rest	6 mi + strides	8 mi	5 mi	Rest	4 mi or rest day	20 mi	18 mi	☐
14	Rest	5 mi + strides	7 mi	5 mi	Rest	4 mi or rest day	14 mi	12 mi	☐
15	Rest	4 mi + strides	6 mi	4 mi	Rest	3 mi or rest day	10 mi	8 mi	☐
16	Rest	4 mi + strides	3 mi	2 mi	Rest	2 mi or rest day	26.2 mi	26.2 mi	☐

WORKOUT GLOSSARY

Easy-effort run

Tune into your body and run by effort as you build your endurance! This effort is conversational and will be used for the majority of your training runs to improve your endurance and help you to cover the distance.

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 stepback week

Taking a stepback-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!

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—stick to the track instead.

Strides

Strides consist of brief intervals of faster running followed by recovery periods. 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 (90 seconds to two minutes) 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.

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.

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.

Long run

Long runs are done over an extended distance or duration at a constant pace and kept to an easy-effort intensity. In short, it's all about time on your feet. Try to minimize long stops. 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!

WARM-UPS & COOL-DOWNS

PRE-RUN WARM-UP

A short series of dynamic movements done before running to activate muscles and prepare the body for exercise. Move smoothly, not fast, through each drill.

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

Warm-up

30 seconds per movement done before running to activate muscles and prepare the body for exercise. Move smoothly, not fast, through each drill.

Dynamic Warm-Up #1

WARM-UP 1 VIDEO DEMOS

- **Knee Tucks** (hug each knee toward your chest)
- **Hamstring Scoop** (hinge at hips, sweep hands toward toes)
- **Figure 4 Stretch** (cross ankle over knee and sit back)
- **Side Lunge** (lunge sideways, stretching inner thigh)
- **Leg Swings – Forward/Back** (swing leg smoothly back and forth)
- **Toe Walking** (walk on tiptoes to activate calves and feet)

Dynamic Warm-Up #2

WARM-UP 2 VIDEO DEMOS

- **Calf Pedaling** (alternate heel raises while standing or in downward dog)
- **Alternating Hip and Hamstring Stretch** (walkout position, drive knee forward then extend to hamstring stretch)
- **Runner's Lunge with Twist** (deep lunge + rotate upper body toward front leg)
- **Deep Squat** (sink into a low squat, elbows inside knees)
- **Forward Lunge with Twist** (lunge forward, rotate torso toward front knee)
- **Toe Walking** (walk on tiptoes)

POST-RUN COOL-DOWN

A short series of gentle movements and stretches after running to promote circulation, support recovery and help muscles relax.

Cool-down

Post-Run Recovery Stretches

COOL-DOWN VIDEO DEMOS

- **Upper-Body Stretch** (reach both arms overhead and stretch upward)
- **Tricep Stretch** (bend one arm overhead, press elbow gently)
- **Quad Stretch** (pull foot to glutes, stretch front of thigh)
- **Seated Calf Stretch** (sit, extend one leg, pull toes toward you)
- **IT Band Stretch** (cross legs and reach to the side to stretch outer hip/thigh)
- **Low Lunge Stretch** (deep lunge with back knee down, stretch hip flexors)
- **Downward-Facing Dog** (yoga position to stretch calves, hamstrings and back)
- **Hamstring Stretch** (seated or standing, hinge at hips and reach toward toes)
- **Figure 4 Stretch** (lie down, cross ankle over opposite thigh and gently pull)
- **Hip-and-Back Stretch** (child's pose or seated twist for hip-and-back release)
- **Butterfly Stretch** (sit, bring soles of feet together and gently press knees down)

MINDSET HACKS

TRAINING FOR A MARATHON ISN'T JUST PHYSICAL, IT'S MENTAL

There will be days you feel strong, and days you wonder why you signed up in the first place. Both are part of the process.

Throughout this guide, you'll find mindset hacks that will help you trust yourself through every phase of training—from your very first run to race day.

Before You Run (Starting Strong)

Shift from nerves to excitement. Feeling a little nervous before a run means you care...it's not a bad sign. Channel that energy forward.

Set a micro-goal. One small focus: smooth breathing, tall posture, steady effort. You don't need to "win" the whole run.

Remind yourself: Today is about practice, not perfection. You're building skills, not proving anything.

Safety Tip

Hydrate early and often. Don't wait until you're thirsty. Aim to hydrate consistently throughout the day, especially before and after your runs.

TIP FROM

KATHRINE SWITZER

New York City Marathon winner and first woman ever to run the Boston Marathon.

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.

STRENGTH TRAINING

This strength program was created to support your running, not compete with it. You'll move through three progressive blocks over the course of your 16 weeks, each focused on total body strength with an emphasis on movements that support running mechanics, posture and injury prevention.

The program follows a two-day structure each week:

- Day 1: Anterior Chain Focus (front body)
- Day 2: Posterior Chain Focus (back body)

Workouts are designed to be challenging but sustainable, using minimal equipment (just dumbbells and a resistance band). We repeat each block for 6 weeks to allow time for adaptation and to gain confidence with the movements.

You'll also see deload weeks built in, featuring shorter, mobility-based workouts that focus on hip and ankle stability. These weeks are about recovery and movement quality, not intensity.

This strength program is designed to complement your base phase, improve durability and help you feel stronger and more prepared for the transition into our full marathon training plan at week 1.

When to schedule your strength days:

- Plan your strength workouts on days that work best for your schedule and energy levels.
- Ideally, avoid heavy lifting on your long run day or the day after to support recovery.
- Many athletes find they perform best when they lift on an easy run day.

RPE, or Rate of Perceived Exertion, is a scale from 1-10 that will help you measure how hard you feel you're working during a run. Instead of relying on external metrics like pace or heart rate, RPE is based on your own personal feeling of effort.

RPE	EFFORT FEEL	WHAT IT MEANS	HOW TO ADJUST
3-4	Light Activation	You feel your muscles working, but you're not straining.	Focus on form and movement quality. You should finish feeling refreshed.
5	Moderate Effort	You feel steady work, but could comfortably do 6 more reps.	Controlled effort. Great for building durability without taxing recovery.
6-7	Comfortable Challenge	You're working hard, but still in control. The last 2–3 reps feel tough but doable.	Push for quality reps, but stop before form breaks down.

STRENGTH TRAINING

Block 1

LIBRARY OF VIDEO DEMOS

Total Body Anterior

Instructions:
3 sets of each exercise
10–12 reps per set
Rest: 30 seconds between sets
Effort Level: RPE 6–7
Comfortable challenge
Equipment Needed: Dumbbells

Exercises:
- Squat
- Chest press
- Fire hydrant
- Seated overhead press
- Standing knee drive with weight

LIBRARY OF VIDEO DEMOS

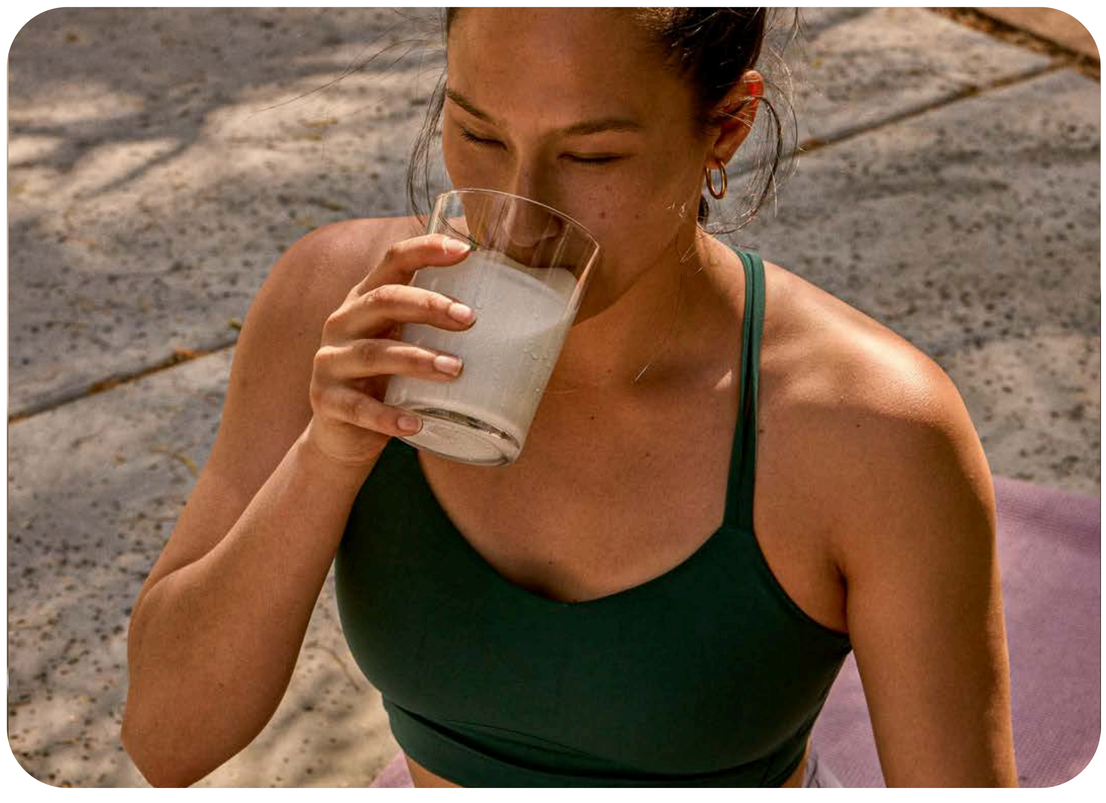
Total Body Posterior

Instructions:
3 sets of each exercise
10–12 reps per set
Rest: 10–30 seconds between sets
Effort Level: RPE 6–7
Comfortable challenge
Equipment Needed: Dumbbells

Exercises:
- Good morning
- Single arm row
- Glute bridge
- Supine knee drives

DAIRY MILK AS YOUR POWER PARTNER

Protein is needed for virtually every activity in the body and supplies us with key amino acids that we can't make on our own. Every 8 oz glass of lowfat dairy milk provides 8 grams of natural, high-quality protein to help you get more out of your workout, build lean muscle and repair muscles faster in recovery.



Block 2

LIBRARY OF VIDEO DEMOS

Total Body Anterior

Instructions:
3 sets of each exercise
10–12 reps per set

Rest: 30 seconds between sets

Effort Level: RPE 6–7
Comfortable challenge

Equipment Needed: Dumbbells and Resistance Band

Exercises:

- B-stance squat
- Alternating chest press
- Lateral walk with band
- Kneeling single-arm overhead press
- Standing knee drive with weight

LIBRARY OF VIDEO DEMOS

Total Body Posterior

Instructions:
3 sets of each exercise
10–12 reps per set

Rest: 10–30 seconds between sets

Effort Level: RPE 6–7
Comfortable challenge

Equipment Needed: Dumbbells

Exercises:

- Romanian deadlift (RDL)
- Alternating bilateral row
- Glute bridge – 1½ rep
- Supine heel drops
- Calf raise

Deload

LIBRARY OF VIDEO DEMOS

Workout A: Hips

Instructions:
1-2 sets total
8–10 reps per set
Effort Level: RPE 3–4
Light activation

Exercises:

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

LIBRARY OF VIDEO DEMOS

Workout B: Hips + Foot/Ankle Stability

Instructions:
1-2 sets total
8–10 reps per set
Effort Level: RPE 3–4
Light activation

Exercises:

- Glute bridge
- Leg lift – toe up
- Ankle ABCs
- Ankle dorsiflexion
- Single-leg balance
- Towel stretch as optional finisher (20-30 seconds)

OPTIONAL
Block 3

LIBRARY OF VIDEO DEMOS

Total Body Anterior

Instructions:

1-2 sets only, 8-10 reps at an RPE of 5. Rest as much as needed between sets. No new movements. Think movement quality. This session is about moving well, not building strength. You should leave feeling better than when you started.

Equipment Needed:

Dumbbells and Resistance Band

Exercises:

- Split squat
- Elevated push-up
- Squatted lateral walk with band
- Alternating arnold press
- Elevated knee drive with band

LIBRARY OF VIDEO DEMOS

Total Body Posterior

Instructions:

1-2 sets only, 8-10 reps at an RPE of 5. Rest as much as needed between sets. No new movements. Think movement quality. This session is about moving well, not building strength. You should leave feeling better than when you started.

Equipment Needed:

Dumbbells and Resistance Band

Exercises:

- RDL 1 + ½ rep
- Lat pullover
- Hip thrust
- Modified dead bug
- Calf raise 2 up, 1 down

Safety Tip

Warm up before you run. A three- to five-minute pre-run warm-up (leg swings, hamstring scoops, lunges, etc.) helps activate muscles and reduce risk of injury.

TIP FROM

ALYSHA FLYNN

Road Marathoner/Trail Ultra Runner who has been running for over 25 years.

Strength training doesn't have to be complicated to make you strong. As you continue to move through this training guide, we keep it simple so you can keep showing up. These workouts are designed to build the kind of strength that supports your miles without overwhelming your schedule. We're not just building stronger runners, we're building bodies that can go the distance!

WALK/RUN INTERVALS

HOW TO ADAPT THIS PLAN FOR WALK/RUN INTERVALS

Every Woman's Marathon welcomes runners of all paces and abilities, including those using walk/run intervals. Walk/run can help you stay consistent and feel confident on race day.

How to Follow the Beginner Marathon Guides with Walk/Run Intervals

The weekly mileage in these plans represents **total distance**, not continuous running. You can absolutely complete these miles using a walk/run approach.

Some popular options:

- Run 30 sec / Walk 30 sec
- Run 1 min / Walk 1 min
- Run 2 min / Walk 1 min
- Run 3 min / Walk 1 min
- Run 5 min / Walk 1 min

Note from Expert Alysha Flynn:

It's okay to start with shorter running segments and then gradually increase these as your endurance builds.

Example:

If your training plan says:

- Wednesday: 3 miles

You can complete those 3 miles using:

- Run 2 min / Walk 1 min intervals until the distance is complete.
- A timer app, GPS watch or even audio cues to keep your intervals consistent.

How to do it:

Walk/run is most effective when:

- You keep your run segments at a conversational and sustainable pace.
- Walk breaks are built in before you're tired and not just used as a fallback.
- Your form stays smooth...no slamming on the brakes or taking off on a sprint.

Think of walk/run as a pacing tool. The goal is to keep moving forward efficiently and to finish strong.

FIND YOUR PACE

HOW TO FIND YOUR EASY-EFFORT & LONG-RUN PACE

This plan is based on effort, not speed. You don't need a fancy watch or previous race time to train smart; you just need to tune into how you feel.

What Easy Effort Actually Feels Like

Easy runs should feel relaxed, steady and sustainable. Many runners are surprised by how slow these can be, but that's where the magic happens.

At the right effort, you'll notice:

- Your breathing stays smooth.
- You're mentally present, not counting down minutes.
- You finish feeling strong, not spent.
- Your pace is probably slower than you think it **should** be.

Quick check: "Am I running easy enough?"

Ask yourself these three questions during a run:

- Could I talk to a friend right now?
- Do I feel like I could keep going a little longer?
- Would I feel okay doing this again tomorrow?

If you answered "no" to any of these, try slowing down.

What long-run effort should feel like

- It feels manageable at the beginning.
- You're more focused in the second half.
- The final miles feel challenging but doable.
- You can maintain form and finish strong without "racing" it.

For long runs, you can apply the same easy effort, but the duration makes it feel harder over time. It's normal for long runs to feel harder even at the same pace. It doesn't necessarily mean you're going too fast.

Still unsure?

Treat your first mile as a warm-up and then ask yourself:

"Could I hold this pace for an hour+?"

- If the answer is **yes**, you're in the right zone.
- If the answer is **no**, ease up. Add walk breaks if needed.

FLEXIBLE MOVEMENT

WHAT'S A FLEXIBLE MOVEMENT DAY?

This day is about keeping your body in motion in a way that supports consistency and confidence.

It's not a "mandatory workout" but more of a low-pressure training day designed to help you build frequency without adding stress.

You can choose:

- A walk
- An optional run (easy-effort only)
- Cross-training (bike, elliptical, hiking)
- Rest

How to know you chose the right option:

- You finish feeling looser, lighter or more clear-headed.
- You're not sore or depleted afterward.
- You are still able to do your long run the next day and feel okay.

GEAR GUIDE

We believe training starts from the ground up—literally. The right pair of shoes can make a world of difference in your comfort, performance and overall experience. That's why we've partnered with **Saucony**, your go-to for expert advice and high-performance footwear.

Saucony blends technical innovation with all-day comfort, supporting those who move with purpose. Their gear is designed to keep up, no matter how long or where you move.

Saucony Shoe Recommendations

For beginner runners, Saucony recommends you try out their Triumph 23 or Hurricane 25.

Why the Triumph 23?

Saucony designed the Triumph 23 for those everyday runs. The softer, lighter PWRRUN PB midsole—now with more cushioning—delivers a responsive ride that can power you through. It's paired with a premium, super-responsive sockliner and an updated outsole, giving you smooth, flexible transitions mile after mile. Whether it's a slow long run or jumping in a weekend 5K, this shoe will push your comfort zone with every step.

Key Benefits:

- **Enhanced Cushioning** – Softer, lighter foam with more cushioning to support longer, more comfortable runs.
- **Breathable Fit** – Lightweight engineered mesh keeps feet cool and comfortable from first step to last.
- **Smooth, Flexible Transitions** – Reimagined outsole design offers fluid movement and a more natural ride.

Why the Hurricane 25?

The Hurricane 25 is meant for your everyday runs, plus max cushioning for unmatched protection and comfort. Feel empowered and protected on every run with the Hurricane 25. Featuring updated geometry and soft yet responsive superfoam, it's built to keep you comfortable and confident—no matter the pace you set.

Key Benefits:

- **Maximum Cushioning** – A plush layer of P superfoam on top of a responsive layer of PWRRUN foam delivers the perfect balance of softness and support.
- **Guided Transitions** – Redesigned geometry works with CenterPath Technology™ to help you stay aligned and moving smoothly.
- **Flexible Durability** – Reengineered outsole offers grippy traction with added flex where you need it most.
- **Comfort-Focused Fit** – Soft, breathable mesh wraps your foot with a secure, dialed-in feel from top to toe.

BEGINNER MARATHON TRAINING PLAN

YOUR JOURNEY WEEK BY WEEK

Part 2 of 2

WEEK 1 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **3 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **4 miles**	**Easy-effort run on soft surface** **3 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (2 miles suggested), cross-train OR rest	**Long run** **8 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Total Body Anterior - Block 2, Total Body Posterior - Block 2**						

Long-run coaching cue: We're resetting a bit after your base. Keep the pace easy and give your body a chance to settle into the new rhythm.

Mindset Hacks During Your Run (Staying Focused)

- Run the mile you're in. Try not to think about the miles ahead. Handle this one.
- Body scan check. Relax your jaw, drop your shoulders, loosen your hands. Every few miles, check back in.
- Effort, not ego. If you're struggling, dial back the effort before you judge the day. Strong runners stay flexible.
- Remind yourself mid-run: "I get to train today." This shifts your mindset from obligation to gratitude, which changes your body language, breathing and even motivation.
- Use mini mantras. Examples:
  - "Strong and steady."
  - "Light feet, strong heart."
  - "Flow forward."

Weekly Nutrition Tip:

Staying hydrated is one of the most important things you can do to feel good on your runs—especially during summer training. When your body is well hydrated, your body can cool itself better, your muscles work better and you recover faster after workouts. It also helps you stay more alert and focused during your run and throughout the day.

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 dairy milk after your run.

Research shows dairy milk is one of the best beverages for hydration, even better than water. Especially after exercise, chocolate dairy 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
Running	**Rest**	**Easy-effort run** **3.5 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **4.5 miles**	**Easy-effort run on soft surface** **3.5 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (2 miles suggested), cross-train OR rest	**Long run** **9 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Total Body Anterior - Block 2, Total Body Posterior - Block 2**						

Long-run coaching cue: Notice how much stronger you feel week after week.

Weekly Nutrition Tip:

EATING BEFORE YOUR RUN

Eating a little something before your run gives your body a boost of energy to feel good and stay energized. Focus on foods that are mostly carbohydrates. Plan to eat 30 to 60 minutes before your run so your body has time to digest. 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 (or lactose-free dairy milk)

Before a long run (usually 60+ minutes), you'll want to eat more carbohydrates, about 50 to 90 grams, and you may wish to add a little fat/protein. Since you're eating a larger portion, you may need 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

PRE-RUN LATTE WITH DAIRY MILK

Ingredients

- 8 oz dairy milk (or lactose-free dairy milk)
- 1 shot of espresso
- 1-2 tsp of maple syrup or honey
- Sprinkle of cinnamon or dash of vanilla extract

Directions

1. Froth the dairy milk using an electric milk frother or heat the dairy milk in a small sauce pan on the stove and whisk until frothy.
2. Brew the espresso and pour into a mug.
3. Add the sweetener to the mug and stir to combine.
4. Pour dairy milk into the mug and stir. Top with cinnamon or vanilla.

WEEK 3 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **3.5 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **5 miles**	**Easy-effort run on soft surface** **4 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (2 miles suggested), cross-train OR rest	**Long run** **10 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Total Body Anterior - Block 2, Total Body Posterior - Block 2**						

Long-run coaching cue: Hit your fueling routine today. Hydrate early and practice what you'll do on race day.

Weekly Nutrition Tip:

FUELING YOUR LONG RUN

When your weekly long run gets to be longer than 60 to 70 minutes at once, you'll want to start bringing fuel with you—things like hydration, electrolytes and easy-to-digest carbs. Fueling during your run helps you stay energized and feel stronger.

There are a lot of beginner-friendly options to choose from. Start experimenting with what sounds good to you:

- **Energy gels**: small, pre-packed packets of quick-digesting carbs. Every Woman's Marathon will have energy gels, and it is always a great idea to train with the nutrition on-course.
- **Energy chews**: Gummies made for running! Easy to carry and chew during your run.
- **Real food snacks**: Bananas, dried fruit, pretzels, applesauce pouches, granola bars or gummy candy are a great choice.
- **Carb-electrolyte beverage**: These provide a mix of carbohydrates and electrolytes specifically designed to support fueling and hydration on a run. Every Woman's Marathon will have electrolytes on-course, if you would like to try the beverage ahead of time.

If you're new to fueling during a run, visit a local running store 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
  - Energy chews
  - Carb-based snack (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 a 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.

Fueling during your runs is like building a new skill—it gets easier with practice. You've got this!

Post-run recovery tip:

After you finish your long run, prioritize a recovery snack that includes both carbohydrates and protein. A cold glass of chocolate dairy milk not only tastes great after a hot, sweaty run—but it's also a convenient option that gives your body the right ratio of carbs to protein to help refuel and recover.

Safety tip

Waiting until you feel depleted can lead to cumulative fatigue and make recovery harder later.

Long-Run Mindset (When the Miles Add Up)

- Think of your long run in chapters. First third = easy and patient. Middle = steady. Last = strong and proud.
- Don't race your long run. Save that energy for race day. Long runs are dress rehearsals, not time trials.
- The finish line is about feeling strong—not just finishing fast.
- Practice "runner's math" by breaking the run into pieces you can mentally manage. If you're running 12 miles, think: "3 miles warm-up, 6 miles steady, 3 miles proud."

WEEK 4 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **3 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **4 miles**	**Easy-effort run on soft surface** **3 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (2 miles suggested), cross-train OR rest	**Long run** **8 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Deload Workout A: Hips - Deload Workout B: Hips + Foot/Ankle Stability**						

Long-run coaching cue: Let this one feel refreshingly easy. Relax and move with intention.

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 for later in the day and 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.

Dairy milk is a powerhouse! It's a natural combination of high-quality protein, carbs, fluids and electrolytes for hydration. Dairy milk can be incorporated into your breakfast in so many ways:

- Blend into your favorite smoothie instead of using water or juice.
- Pour dairy milk over whole-grain cereal or granola for a quick pre-run snack.
- Use dairy milk in overnight oats for an added protein boost.
- Add a splash of dairy milk to scrambled eggs or an omelet to make them extra fluffy.
- Drink a latte with dairy milk for added protein—and extra foam.
- Use in a baked quiche for a richer flavor and nutritional boost.

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.

Safety tip

Warm up before you run

A three- to five-minute pre-run warm-up (leg swings, hamstring scoops, lunges, etc.) helps activate muscles and reduce risk of injury.

EXPERT'S TIP

Alysha Flynn

Taking a "stepback 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 (or lactose-free dairy milk) for additional fluffiness and 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 dairy 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 dairy milk (or lactose-free dairy milk)
- ¼ tsp vanilla extract
- ¼ cup fresh or frozen mangos
- 1 tbsp honey
- 1 tsp chia seeds

Directions

Combine the oats and dairy 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.

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 (or lactose-free dairy milk)
- 2 tbsp maple syrup or honey

Directions

Combine chilled espresso or coffee, dairy 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
Running	**Rest**	**Easy-effort run** **4 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **5 miles**	**Easy-effort run on soft surface** **4.5 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (2.5 miles suggested), cross-train OR rest	**Long run** **12 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Total Body Anterior - Block 3, Total Body Posterior - Block 3**						

Long-run coaching cue: Today is about patience. Settle in early and stay consistent through the middle miles.

Weekly Nutrition Tip:

REFUEL WITH CHOCOLATE DAIRY MILK POST-RUN

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

Chocolate dairy milk provides:

- Carbohydrates to replenish muscle glycogen (fuel) stores
- Protein for rebuilding and repairing muscle fibers
- Fluids and electrolytes to resort nutrients lost in sweat

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

If you're lactose intolerant, lactose-free dairy 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 dairy milk
- 1 frozen banana
- ¼ cup plain Greek yogurt
- 1 tbsp peanut butter
- Handful of spinach

Strawberry Smoothie

Blend together:

- 1 cup dairy milk (or lactose-free dairy milk)
- 1 cup frozen strawberries
- ½ cup Greek yogurt
- Honey, to taste

WEEK 6 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **4.5 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **5.5 miles**	**Easy-effort run on soft surface** **5 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (3 miles suggested), cross-train OR rest	**Long run** **14 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Total Body Anterior - Block 3, Total Body Posterior - Block 3**						

Long-run coaching cue: You're starting to build more endurance. Keep your posture tall and your shoulders relaxed.

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 below as a guide to train your stomach to tolerate more carbohydrates.
  - **Step 1:** Take a 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 as tolerated.
  - **Step 3:** 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+ oz 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

START
15 g carb/hour

½ energy gel every
45 mins with water

SLOWLY INCREASE
30 g carb/hour

1 energy gel every
30-40 mins + sips of
carb drink

END GOAL
50-60+ g carb/hour

1 energy gel every
30 mins + carb drink

Note: The optimal intake of fluids and electrolytes you need per hour depends on individual factors such 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.

Safety tip

Cool down after hard efforts
Always jog or walk for a few minutes after speed workouts or long runs. Your body needs time to return to baseline and bring your heart rate down.

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 wear a hydration belt or vest for a hands-free way to carry fluids.

Recovery Reminder:

After your long run, don't forget to refuel! A glass of low-fat chocolate dairy milk (or lactose-free dairy milk) is a post-run recovery choice that's backed by science and loved by runners.

GEAR TIP FROM

DANIELLE MCLAUGHLIN

Adaptive athlete, former paratriathlon world champion and runner.

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 7 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **5 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **6 miles**	**Easy-effort run on soft surface** **5 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (3 miles suggested), cross-train OR rest	**Long run** **15 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Deload Workout A: Hips, Deload Workout B: Hips + Foot/Ankle Stability**						

Long-run coaching cue: Try to fuel like you would on race day. Use this run to test timing and amounts.

Weekly Nutrition Tip:

SET YOURSELF UP TO FEEL ENERGIZED ON YOUR LONG RUN

What you eat the night before your long run can make a big difference in how you feel the next day.

Here's a simple guide for dinner the night before your long run (for example, Saturday night if your run is Sunday morning):

- Fill half your plate with carbs—like pasta, rice, potatoes or bread
- Add some protein—like chicken, beef, tofu or eggs (about ¼ of your plate)
- Add some fruits or veggies—like a small salad, cooked carrots or apples (about ¼ of your plate)

Stick to foods that are familiar to you. Try to avoid foods that are super spicy, greasy or really high in fat, or have a lot of fiber—they can be harder to digest before a big run.

DINNER IDEAS FOR THE NIGHT BEFORE YOUR LONG RUN

MUSHROOM SKILLET RICE

ONE-POT CHICKEN THIGHS

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)

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.

Stepback week mindset (when training eases back)

- Recovery is still training. You can't grow if you never rest.
- Think staircase, not straight line. Progress has dips by design. That's how you climb higher without burning out.

MUSHROOM SKILLET RICE

Ingredients

- 3 tbsp olive oil
- 12 oz shiitake mushrooms, cut into ½-inch slices
- Kosher salt and freshly ground pepper, to taste
- 1 small yellow onion, diced
- 3 large garlic cloves, minced
- 1 ½ fresh sage leaves, roughly chopped
- 1 cup carnaroli or arborio rice
- 3 cups whole dairy milk
- 1 to 2 cups chicken broth or water
- 2 cups (1 pound) cooked chicken
- ½ cup fresh parsley, roughly chopped

ONE-POT CHICKEN THIGHS

Ingredients

- 4 bone-in, skin-on chicken thighs
- Kosher salt and freshly ground black pepper
- 2 cups red grapes
- 4 shallots, halved and sliced
- 2 large cloves garlic, thinly sliced
- 1 tablespoon chopped fresh thyme, plus more for serving
- ½ cup dry white wine
- 1 tbsp all-purpose flour
- ½ cup dairy milk
- ½ cup water or chicken broth
- 1 tbsp whole-grain mustard

HOMEMADE STIR-FRY

Ingredients

- 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

Ingredients

- Large sweet potato
- Salmon
- Grilled or steamed vegetable (e.g., asparagus, zucchini or roasted beets)

Pro tip:

Protein before bed makes a big difference on how strong you feel the next day during your run. Since dairy milk releases casein, a slow protein, it's the perfect pre-bedtime snack to build muscle and keep you feeling satisfied for your early-morning run. Enjoy a bowl of cereal or granola with dairy milk as a bedtime snack.

- Blend a small smoothie with dairy milk, banana and peanut butter for a pre-sleep protein boost.

EXPERT'S 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 8 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **3 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **5 miles**	**Easy-effort run on soft surface** **3 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (3 miles suggested), cross-train OR rest	**Long run** **12 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Total Body Anterior - Block 3, Total Body Posterior - Block 3**						

Long-run coaching cue: Let your effort match the lower mileage. This is about recovering without stopping momentum.

Weekly Nutrition Tip:

RUNNING DURING YOUR PERIOD

Running during your period can feel tougher some days, but small nutrition changes can help you feel better 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:** Following the performance plates from page 3. Menstruation can lead to iron loss. 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
Running	**Rest**	**Easy-effort run** **5 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **7 miles**	**Easy-effort run on soft surface** **5 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (3 miles suggested), cross-train OR rest	**Long run** **16 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Total Body Anterior, Block 3: Total Body Posterior**						

Long-run coaching cue: You're deep into training now. Practice your mental strategy for when things get tough.

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

WEEK 10 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **4 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **5 miles**	**Easy-effort run on soft surface** **4 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (3 miles suggested), cross-train OR rest	**Long run** **14 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Deload Workout A: Hips, Deload Workout B: Hips + Foot/Ankle Stability**						

Long-run coaching cue: Check in with your form every few miles. Are you running tall, relaxed and steady?

Post-Run Mindset (Reflect and Reset)

- Celebrate completion, not perfection. Getting it done, even imperfectly, is what moves you forward.
- Note one thing that went well. Your brain will want to critique. Train it to recognize wins too, even small ones.
- Bad runs are data, not identity. They teach you pacing, fueling and mental tricks. They don't define you.
- Reset with gratitude. You had the strength and freedom to run today. That's always a win.

Weekly Nutrition Tip:

EASY LUNCH IDEAS FOR A BUSY SCHEDULE

As your weekly mileage increases, you may find yourself getting more hungry—this is normal! Rather than reaching for office treats or your kid's snacks, focus on eating a satisfying, balanced lunch. Planning ahead with simple, nutritious meals will help you stay fueled for your runs and support your body as training ramps up. Follow the Moderate Training Plate as a guide and adjust your portions based on how hungry you feel. Here are some quick and easy lunch ideas.

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.

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

Pro tip:

Pro tip: Use milk to level up your lunch! Stir into soups, blend into smoothies or mix it with cream cheese or yogurt for creamy dips and sauces. It adds protein, calcium and vitamin D to support muscle recovery and to keep your bones strong.

WEEK 11 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY - HIGH	SUNDAY - LOW
Running	**Rest**	**Easy-effort run** **5 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **8 miles**	**Easy-effort run on soft surface** **5 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (4 miles suggested), cross-train OR rest	**Long run** **18 miles**	**Long run** **17 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Total Body Anterior, Block 3: Total Body Posterior**							

Long-run coaching cue: This is an important long run. Focus on fueling, pacing and keeping your mind engaged during the second half.

Weekly Nutrition Tip:

EATING ON REST & RECOVERY DAYS

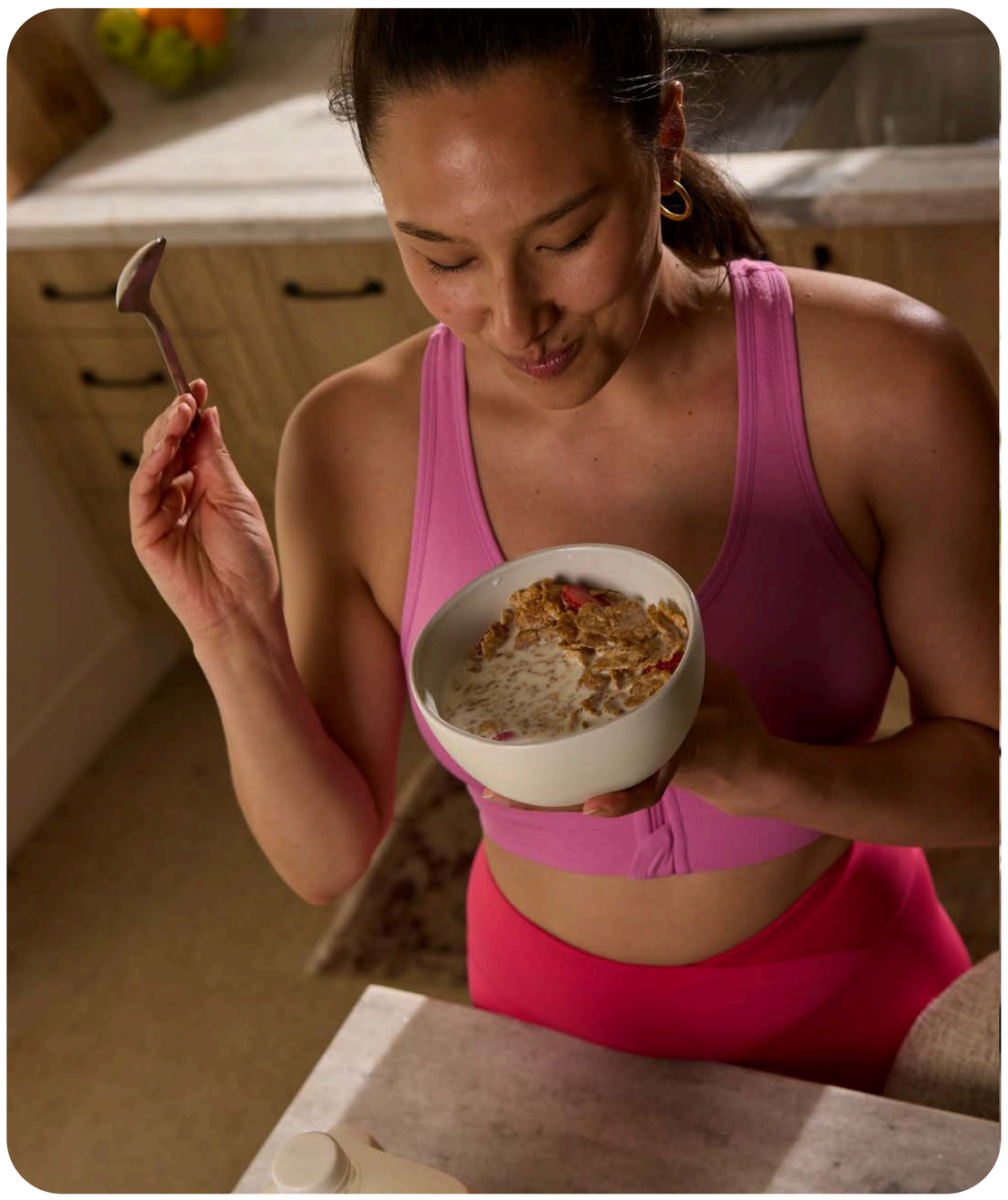
If you feel extra hungry the day after a long run, that's completely normal—your body is working hard to recover. Instead of ignoring hunger cues, honor them. Focus on eating balanced meals that support healing and recovery, using the High Training Performance Plate as your guide. Drinking chocolate milk is also a great way to repair your muscles, rehydrate and replenish nutrients.

This Protein Power Player smoothie can help kick-start your recovery.

Protein Power Player Smoothie

Blend together:

- 1 cup low-fat or fat-free chocolate milk
- 1 banana
- ½ cup ice
- ¼ cup unsalted roasted almonds
- 2 tbsp chocolate syrup
- 1 tsp vanilla extract



To keep recovery day meals easy, stock your kitchen with easy, nutrient-rich options:

- Frozen meatballs, grilled chicken, meat patties
- Canned tuna and salmon
- Frozen fruits and vegetables
- Microwavable rice and grain pouches
- Whole-grain pancake mix and frozen waffles

Plan a few go-to meals that are quick to prep. As your training time increases, convenience foods will help you stay consistent.

- 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 before your long run, the 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 naturally fight inflammation by incorporating 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 toss into a grain bowl with goat cheese and walnuts.
- Mix in 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 egg, 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.

Safety Tip

Respect the stepback weeks
These lower mileage weeks are intentional. Don't add extra miles "just because you feel good." Recovery is still training.

Pro Tip:

Sip on warm golden milk in the evening—made with dairy milk, turmeric, a pinch of black pepper, cinnamon and honey. It's a cozy, anti-inflammatory bedtime drink that also supports muscle recovery and healthy sleep.

SLEEPY TIME GOLDEN MILK

Ingredients

- 1 cup dairy milk (or lactose-free milk)
- ½ tsp ground turmeric
- ⅛ tsp ground cinnamon
- Small pinch of ground black pepper (helps with turmeric absorption)
- 1 tsp honey or maple syrup (optional, to taste)
- ¼ tsp vanilla extract (optional)

Directions

1. In a small saucepan, warm the milk over medium heat.
2. Whisk in turmeric, cinnamon, black pepper and vanilla (if using).
3. Heat until steaming but not boiling.
4. Remove from heat, stir in honey and enjoy warm.

WEEK 12 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **4 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **6 miles**	**Easy-effort run on soft surface** **4 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (3 miles suggested), cross-train OR rest	**Long run** **14 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Deload Workout A: Hips Deload, Workout B: Hips + Foot/Ankle Stability**						

Long-run coaching cue: You've earned this stepback. Keep the run smooth and treat it like a moving recovery day.

Weekly Nutrition Tip:

SATISFYING SNACKS

Snacking during the day helps keep your energy level up and prevents you from getting too hungry later.

Keep easy, portable snacks in your purse, car or at work so you're ready when hunger hits. A little planning makes it easier to eat well and feel good throughout the day.

Here are 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? Keep individual cups of Greek yogurt, cottage cheese, drinkable yogurts, string cheese, hummus or guacamole cups, or hard-boiled eggs.

Cool down from the summer heat with homemade popsicles! Blend together milk and your favorite fruit and yogurt, then freeze into molds and enjoy as a refreshing mid-afternoon snack.

Did you know?

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

Safety tip

Run easy...actually easy
Easy effort should feel conversational—like actually being able to hold a conversation with a running buddy—and sustainable. If you finish your runs out of breath or are counting down minutes, slow down.

WEEK 13 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY - HIGH	SUNDAY - LOW
Running	**Rest**	**Easy-effort run** **6 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **8 miles**	**Easy-effort run on soft surface** **5 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (4 miles suggested), cross-train OR rest	**Long run** **20 miles**	**Long run** **18 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Total Body Anterior, Block 3: Total Body Posterior**							

Long-run coaching cue: Use this run to mimic race day. Choose a route with terrain similar to the marathon course and focus on smooth effort over the distance.

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-fried 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 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.

Safety tip

Take rest days seriously
Rest is when the adaptation happens and you absorb the gains of training. Skipping rest can undo the benefits of your hardest work.

RECOVERY BOOST: MAKE A STRAWBERRY DAIRY MILK MOCKTAIL!

STRAWBERRY DAIRY MILK MOCKTAIL

Stir together strawberry dairy milk with a splash of sparkling water and a few ice cubes. Top with whipped cream and garnish with a few berries for a fun, refreshing post-run treat—hydrating, fueling and satisfying all in one glass.

RICE PUDDING

Ingredients

- 1 ¼ cup water
- 1 ¼ cup dairy milk (or lactose-free 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, between 7-15 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 holds 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 qt 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 30-35 minutes.
4. After baked, broil on high for 2-4 minutes or until the top of the 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 - HIGH	SUNDAY - LOW
Running	**Rest**	**Easy-effort run** **5 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **7 miles**	**Easy-effort run on soft surface** **5 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (4 miles suggested), cross-train OR rest	**Long run** **14 miles**	**Long run** **12 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Deload Workout. Total Body Anterior (Block 3).** Optional. 1-2 sets only, 8-10 reps at an RPE of 5. Rest as much as needed between sets. This session is about moving well, not building strength.							

Long-run coaching cue: This run helps bridge the gap between peak mileage and taper. Cruise through and keep the effort gentle.

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 that helps marathon runners build up energy stores in their body before race day. For 2-3 days leading up to your race, you'll want to eat more carbs than usual to give your muscles the fuel they need to avoid the dreaded "wall" on race day.

To carb load, aim to have about 80% of your meals and snacks made up of carbs—like bread, pasta, rice, fruit, cereal, juice and even candy. The other 20% will come from protein or fat.

This week, practice a one-day carb load the day before your long run using the sample meal plan for reference. Practicing now will help you figure out what works best for your body on race weekend.

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.

Safety tip

Train for the course and conditions
Every Woman's Marathon 2025 will be in Scottsdale, Arizona. While the weather should be temperate, prepare for warmer conditions in your long runs when possible—especially in the final six to eight weeks.

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

Breakfast	Overnight oats • ⅔ cup old-fashioned rolled oats • 1 cup low-fat dairy milk (or lactose-free 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

Hydration tip: When carb loading, your body retains more water as it stores glycogen—so it's extra important to drink plenty of fluids. Sip on water, juice, milk or electrolyte drinks throughout the day.

Bonus tip: Make chocolate milk a part of your carb load. Low-fat chocolate milk contains the right balance of carbs and protein scientifically proven to help refuel exhausted muscles.

WEEK 15 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY - HIGH	SUNDAY - LOW
Running	**Rest**	**Easy-effort run** **4 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **6 miles**	**Easy-effort run on soft surface** **4 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (3 miles suggested), cross-train OR rest	**Long run** **10 miles**	**Long run** **8 miles**
Strength	No Strength (or gentle mobility if desired). Emphasize rest and circulation this week.							

Long-run coaching cue: Let your body feel what marathon pace might be without forcing it. Easy effort with good energy is the goal.

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 body is working hard to recover from all the training. Naturally your appetite will 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 by following the Moderate Training Performance Plate.
- Include nutrient-rich foods like milk with meals or snacks to support your energy needs, stay hydrated and get key nutrients like calcium and potassium.
- Plan your meals for race weekend ahead of time—make restaurant reservations, or schedule a grocery delivery to your hotel or rental so you have familiar foods to eat during your carb load.
- Double-check to make sure you have all your 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

Adaptive athlete, former paratriathlon world champion and runner.

1. Consider time zone changes. For me, I've traveled from the West Coast to East Coast for both the 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.

Safety tip

Use cross-training to support your efforts
Cross-training can help maintain fitness, but it shouldn't be your go-to for making up every missed run. Whenever possible, train the way you plan to race—whether that's running, walking or run-walking.

WEEK 16 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **4 miles** + 4-6 x 15-20 second strides at the end of your run with walk recovery between	**Easy-effort run** **3 miles**	**Easy-effort run on soft surface** **2 miles**	**Rest**	**Flexible movement** **20-30 minutes** Optional: walk, light run, (2 miles suggested), cross-train OR rest	**Long run** **26.2 miles**
Strength	No Strength (or gentle mobility if desired). Emphasize rest and circulation this week.						

Long-run coaching cue: You've trained for this. Stay steady, fuel well and trust every mile you've run to get here. You've got this.

Weekly Nutrition Tip:

IT'S RACE WEEK!

- Early this week, plan and purchase 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 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.
- You're in a pinch and looking for easy protein sources to recover with after your run, but you're away from your kitchen? 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 on the race course; water bottle/ hydration vest; running watch and charger.
- You'll want to start carb loading three days before race day. If the race is on Sunday, you'll start carb loading Thursday. This gives your body time to fully stock your glycogen stores, which will help prevent you from "hitting the wall" on race day.
- The Wellness Fair & Expo is going to be so fun, but don't forget to bring food along 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

New York City Marathon winner and first woman ever to run the Boston Marathon.

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.

Pro Tip:

Prioritize recovery this week, just as much as any training week. Chocolate milk offers an easy and effective way to replenish glycogen, rehydrate fluids and rebuild with protein—all in one tasty drink.

Safety tip

Sleep is everything:
Prioritize seven to nine hours of sleep when possible.

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