

# EVERY WOMAN'S MARATHON™

POWERED BY TEAM MILK

## INTERMEDIATE BASE PLAN

### Training & Nutrition Guide

Before starting your marathon training & nutrition plan, use this 12-week training guide to build your base mileage and improve your endurance.

For experienced runners who are comfortable running a 10K and want to keep progressing—with more structure but still some flexibility. You can expect to train four days a week, peaking at ~25 miles/week.



# YOUR JOURNEY AT A GLANCE

Start Here

WEEKS 1-12

## 12-WEEK INTERMEDIATE BASE PLAN

Part 1 of 2

Start your Intermediate Base Plan at Week 1

WEEKS 13-28

## 16-WEEK INTERMEDIATE MARATHON TRAINING PLAN

Part 2 of 2

Start your Marathon Training Plan at Week 13

RACE DAY

# WELCOME TO YOUR 12-WEEK INTERMEDIATE BASE PLAN!

This plan is for experienced runners who are comfortable running a 10K and are ready to level up. You enjoy structure, but those long runs may still feel a little daunting. Don't worry! This plan will help you fine-tune your strategy so you're more than ready when your Marathon Training Plan begins.

In partnership with Team Milk, Coach Alysha Flynn of What Runs You and Kristy Baumann, RD, LD, Running Dietitian, created this plan to support mid-level marathoners. Over the coming weeks, you'll prepare for the marathon using a combination of base mileage, endurance and strength-training, along with weekly nutrition tips and helpful insights from our team coaches.

Here, we'll keep things approachable with four days of running and one flexible movement day (use this to walk, cross-train, run lightly or rest if needed). The goal here is to support consistency without pressure and steadily build up to a 10.5-mile long run. Each week, our expertly designed workouts and nutrition information will help:

- Comfortably build up your mileage to establish a strong base.
- Gradually increase your long run distances with a focus on pacing.
- Facilitate recovery with planned rest days and stepback weeks.
- Build race-day confidence and prepare to achieve a personal best.
- Emphasize the importance of nutrition to energize your runs.

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**Lay your foundation over the next 12 weeks  
and take each stride of Every Woman's Marathon with confidence!**

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## Meet your Training Experts:



**Alysha Flynn**

Coach Alysha Flynn (@whatrunsyoud) 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 running 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.

# NUTRITION GLOSSARY



## Fueling

Fueling is what you eat or drink before or during a run to maintain energy levels and support performance.

**Coaching cue:** Start fueling early during long runs—within 30 to 45 minutes—to run strong.

## Protein

A nutrient that helps to repair and rebuild muscles after a run or strength sessions. You'll find it in foods such as meat, fish, eggs, tofu, beans and dairy products like milk.

**Coaching cue:** Pair protein with carbs within 60 minutes of your run or strength session to support recovery. Chocolate milk is a great option!

## Glycogen

Glycogen is how your body stores carbohydrates in your liver and muscles for later use. You'll rely on this fuel during long runs and hard workouts.

**Coaching cue:** Carb loading before a race helps to fill your glycogen stores so you don't run out of energy halfway through.

## Carb Loading

Carb loading is a specific sports nutrition strategy that involves eating mostly carbohydrates for two to three days before a race to fill your glycogen stores.

**Coaching cue:** Choose foods that your stomach can handle well, like low-fiber, easy-to-digest carbs such as white rice, pasta, bread and chocolate milk.

## Simple Carbohydrates

This type of carb is quickly digested and gives you fast energy. Think of foods like white bread, dried fruit and gummy candy.

**Coaching cue:** Eat these foods before you start a run or during a long run.

## Complex Carbohydrates

This type of carb is digested more slowly and gives you long-lasting energy. Picture foods like oats, brown rice and whole grains.

**Coaching cue:** Eat these foods a few hours before a run or after your run for satiety.

## Pre-Run Fuel

The meal or snack you eat before a run to give your body energy. Usually carbs with a little protein and/or fat that are low in fiber.

**Coaching cue:** Practice your pre-run fueling during training to learn what foods work best for your stomach.



## Post-Run Fuel/Recovery Nutrition

What you eat after a run to help your muscles recover and restore energy. Ideally you want to eat a mix of carbs and protein within an hour after finishing a run.

**Coaching cue:** Drink chocolate milk! It has the right ratio of carbs to protein to jumpstart recovery.

## Hydration

Proper hydration helps to maintain fluid balance, regulate body temperature and support performance and recovery.

Managing hydration involves more than just making sure you get enough to drink during and immediately after your runs.

**Coaching cue:** Don't wait until you're thirsty to drink. Sip water continually throughout the day, aiming for 8–10 cups. Research shows that milk is one of the best beverages for hydration (even better than water) thanks to its natural electrolytes, carbohydrates and protein content. Try drinking dairy milk before a run to boost your energy levels and chocolate milk after a run to fast-track rehydration and recovery.

## Electrolytes

Minerals, including sodium, potassium and magnesium, that help your body stay hydrated, regulate muscle function and prevent cramping.

**Coaching cue:** If you're sweating a lot or running for longer than one hour, add electrolytes to your water to help you replace losses from sweat.

## Carb-Electrolyte Beverage

These drinks combine fast-digesting carbs and electrolytes to deliver fuel to your muscles and support hydration during long runs.

**Coaching cue:** Use a carb-electrolyte drink during runs longer than 60 minutes or on shorter runs when running in hot weather.

## Sweat Rate

The amount of fluids you lose during a run through your sweat. Everyone is so different!

**Coaching cue:** Consider weighing yourself before and after a run to estimate your sweat rate and fine-tune your hydration plan.

## GI Tolerance

This is your body's ability to digest and absorb foods and fluids while running. It improves over time through practice and consistency in training.

**Coaching cue:** Practice your fueling plan to help your stomach better tolerate fuel.

## GI Distress

Stomach problems like cramping, bloating, nausea or emergency bathroom breaks needed during a run.

**Coaching cue:** Practice your fueling strategy during training runs, limit high-fiber and high-fat foods before a run, and stay hydrated to reduce the risk of distress.

## Nutrient Timing

Strategically planning when to eat meals and snacks around your workouts, with the intention to boost energy and support performance and recovery.

**Coaching cue:** A balanced pre-run and post-run meal or snack will make a big difference in how you feel during and after training.

## Underfueling/Energy Deficit

When you're not eating enough to support your training, it can lead to fatigue, poor recovery and even injury.

**Coaching cue:** If you're always tired, sore or losing motivation, it may be time to check in with your fueling.

## Hitting the Wall/Bonking

This is what happens when your glycogen stores run out, causing fatigue, dizziness or a feeling that you just can't keep going.

**Coaching cue:** Fueling early and often during a long run or race day helps to avoid "hitting the wall." Do not wait until you feel tired to start taking in carbs.

# FUELING



## FUEL YOUR TRAINING WITH PERFORMANCE PLATES

Nutrition is one of the most powerful tools you have to support your training. Just like gasoline powers a car, food fuels the body. The right nutrients in the right amounts give your body the energy it needs to improve endurance, recover faster and reduce the risk of injury. The wrong kind of fuel can hold you back, making you feel sluggish or cause digestive problems.

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.

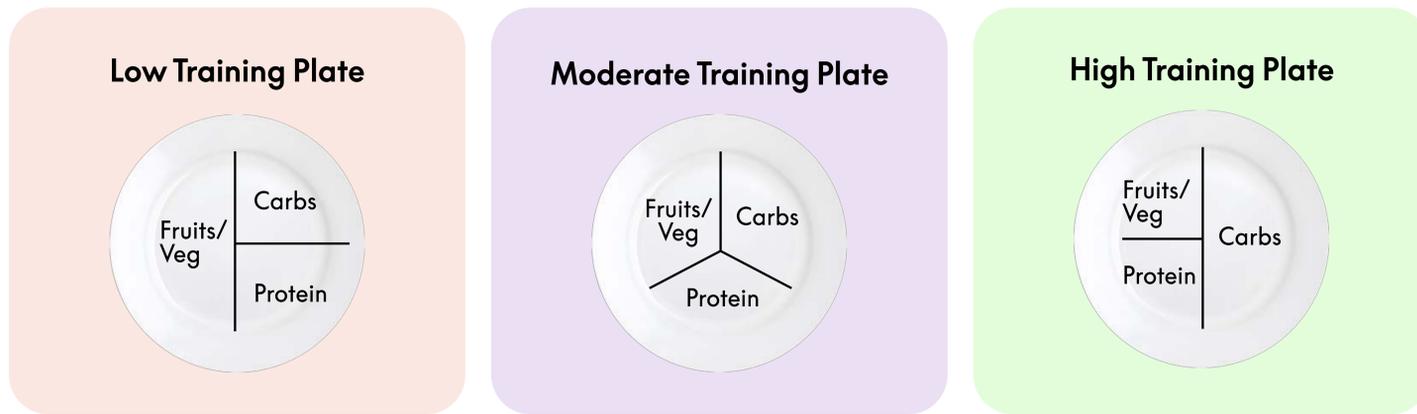
- Fruits (berries, bananas, grapes, citrus fruits, cherries, apples, melons)
- Vegetables (spinach, tomatoes, broccoli, bell peppers, mushrooms, kale)

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 this Base Training Plan, use the performance plate visual tool to help create three balanced meals each day to help keep you satisfied. Craving sweets or savory snacks? Go ahead, add in your favorite foods as a part of these balanced meals.



## BASE TRAINING: SAMPLE MEAL PLAN

Use this sample meal plan to help guide your meal ideas and timing of meals and snacks throughout the day. This meal plan is based on running first thing in the morning.

	TIMING	MEALS
<b>BREAKFAST</b>	Within 1 hour of waking up or finishing run	 <a href="#">CHOCOLATE MILK OVERNIGHT OATS</a>  <a href="#">OOH LA LATTE WITH DAIRY MILK</a>
<b>LUNCH</b>	3-4 hours after breakfast	<b>Turkey and avocado wrap</b> Whole grain tortilla + sliced turkey breast + cheese + sliced red bell pepper + spinach + mashed avocado <b>Carrot sticks and hummus</b> for dipping <b>Blueberries</b>
<b>AFTERNOON SNACK</b>	3-4 hours after lunch	 <a href="#">CREAMY GREEN GODDESS SMOOTHIE</a>
<b>DINNER</b>	3-4 hours after afternoon snack	<b>Baked salmon + quinoa + mixed green salad</b> with cherry tomatoes, cucumber, and balsamic vinaigrette dressing <b>Glass of dairy milk</b>

### Running mid-day?

After eating your lunch, allow two to three hours before you start your run. Consider eating a pre-run snack 30-60 minutes prior to starting your mid-day run if you need an extra energy boost.

### Running in the evening?

One to two hours before your run, consider eating a larger afternoon snack like a banana with peanut butter and a glass of milk. Or, think about eating an early dinner and allowing at least two to three hours to pass before you start to run.



### Note from Expert Alysha Flynn:

Stay focused on the habit of running consistently. Putting on your running gear and going for a run is super important! That's the goal. Nothing more, nothing less.

# CALENDAR



This calendar outlines a day-by-day schedule to build your base mileage and strength over the next 12 weeks. Keep in mind, this program can be adapted for those who want to use walk/run intervals. Simply follow the guide and use your preferred walk/run interval (30:30, 1:1, 9:1, etc.).

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	Flexible movement* 20-30 minutes	Easy-effort run** 2 miles	Easy-effort run 2 miles	Rest	Easy-effort run 2 miles	Rest	Long run 6 miles	12 miles	<input type="checkbox"/>
2	Strength Block 1	Flexible movement* 20-30 minutes	Easy-effort run** 2 miles	Easy-effort run 2.5 miles	Rest	Easy-effort run 2 miles	Rest	Long run 6.5 miles	13 miles	<input type="checkbox"/>
3	Strength Block 1	Flexible movement* 20-30 minutes	Easy-effort run** 2.5 miles	Easy-effort run 2.5 miles	Rest	Easy-effort run 2 miles	Rest	Long run 7 miles	14 miles	<input type="checkbox"/>
4	Strength Deload	Flexible movement* 20-30 minutes	Easy-effort run** 2 miles	Easy-effort run 2 miles	Rest	Easy-effort run 2 miles	Rest	Long run 5 miles	11 miles	<input type="checkbox"/>
5	Strength Block 1	Flexible movement* 20-30 minutes	Easy-effort run** 2.5 miles	Easy-effort run 3 miles	Rest	Easy-effort run 2.5 miles	Rest	Long run 7.5 miles	15.5 miles	<input type="checkbox"/>
6	Strength Block 1	Flexible movement* 20-30 minutes	Easy-effort run** 3 miles	Easy-effort run 3 miles	Rest	Easy-effort run 2.5 miles	Rest	Long run 8 miles	16.5 miles	<input type="checkbox"/>
7	Strength Block 1	Flexible movement* 20-30 minutes	Easy-effort run** 3 miles	Easy-effort run 3.5 miles	Rest	Easy-effort run 3 miles	Rest	Long run 9 miles	18.5 miles	<input type="checkbox"/>
8	Strength Deload	Flexible movement* 20-30 minutes	Easy-effort run** 2.5 miles	Easy-effort run 3 miles	Rest	Easy-effort run 2.5 miles	Rest	Long run 6 miles	14 miles	<input type="checkbox"/>
9	Strength Block 2	Flexible movement* 20-30 minutes	Easy-effort run** 3.5 miles	Easy-effort run 4.5 miles	Rest	Easy-effort run 3.5 miles	Rest	Long run 9.5 miles	21 miles	<input type="checkbox"/>
10	Strength Block 2	Flexible movement* 20-30 minutes	Easy-effort run** 4 miles	Easy-effort run 5 miles	Rest	Easy-effort run 4 miles	Rest	Long run 10 miles	23 miles	<input type="checkbox"/>
11	Strength Block 2	Flexible movement* 20-30 minutes	Easy-effort run** 5 miles	Easy-effort run 5.5 miles	Rest	Easy-effort run 4.5 miles	Rest	Long run 10.5 miles	25.5 miles	<input type="checkbox"/>
12	Strength Deload	Flexible movement* 20-30 minutes	Easy-effort run** 4 miles	Easy-effort run 4.5 miles	Rest	Easy-effort run 3.5 miles	Rest	Long run 6 miles	18 miles	<input type="checkbox"/>

\*Flexible movement = optional walk, light run, cross-train or rest.

\*\*Easy-effort run, + 4-6 x 15-20 second strides at the end of your run with walk recovery between starting in week 5

# WORKOUT GLOSSARY



## Cutdown Run

A structured variation of a progression run. After an easy warm-up, each work mile becomes slightly faster, moving from moderate to strong effort. The final mile is a recovery cool-down. These runs teach pacing control.

## Hill Repeats

Short uphill efforts designed to build strength, power and running form. You'll run up at a strong effort and jog or walk down for full recovery between each. Choose a moderate incline where you can maintain good form.

## Progression Run

A run that gradually increases in effort from start to finish. You'll begin at an easy pace and move into steady or strong effort in the later miles. The goal is to build control and awareness, not to finish exhausted.

## Fartlek

A Swedish word meaning "speed play." A Fartlek alternates periods of faster running with recovery jogs. They're flexible and fun while still building speed and stamina.

## Strides

Strides are short stretches of controlled speed incorporated at the end of an easy run. Start smooth and build to a fast but controlled pace (not an all-out sprint), then ease down gradually. Take full recovery between each stride, either walking or slow jogging. Strides help improve running form, leg turnover and coordination without causing fatigue.

## Goal Pace Workout

Portions of your run done at target marathon pace, usually sandwiched between a warm-up and cool-down. These help you dial in pacing and build mental comfort with that effort.

## Intervals

Intervals involve alternating between high-intensity running and lower-intensity recovery jogs. These allow you to track more total time at a high effort than you could in a continuous run. They demand hard effort but improve both your aerobic and anaerobic capacity, sharpening efficiency and race-day grit.

## Surges

Short bursts of faster running (about 30 seconds) that are folded into your run. These should feel like a smooth change of gears, not a sprint. There's no full recovery here, just return to your easy pace after each.

## Recovery Run

Recovery runs are slower than easy effort and should feel very easy. They're meant to circulate blood, promote recovery and train you to move well on tired legs. Run these by feel, not by pace.

## Tempo Run

A tempo run is sustained running at your lactate threshold, the hardest pace you can hold for about 60 minutes. The effort here is comfortably hard—you're working but in control. These will improve endurance, mental strength and your ability to stay strong deep into a race.

## Tempo Intervals - Intermediate

Segments of sustained running at a comfortably hard pace that are usually broken into sets (e.g., 2 x 8 minutes). The effort should feel challenging but controlled. You can talk, but wouldn't want to. These build stamina and efficiency.

## Stepback Week

A stepback week is a planned reduction in mileage to help your body absorb training and prepare for what's next. It supports recovery, reduces injury risk and keeps you progressing without burnout. Think of it as a reset.

## Tempo Intervals - Experienced

Tempo intervals are run at a pace you could hold for 40–45 minutes, slightly faster than tempo effort, with full recovery jogs between reps. The goal is strong, controlled running while practicing quick recovery and repeatable effort.

## TIP FROM



### DANIELLE MCLAUGHLIN

Adaptive athlete, former paratriathlon world champion and runner.

“Running a marathon is all about your mental game. From Day 1, start sharpening it. I mean mentally coaching yourself, preventing yourself from going to dark places during your long runs and enjoying the ride. You signed up, now you get to train and race! That's huge!”



# EFFORT DESCRIPTORS

## Easy Effort

Run relaxed. Many runners are surprised by how slow this really is. Your breathing stays smooth, your mind stays present and you finish feeling strong, not depleted.

## Hard Effort

Hard effort means you're pushing near your edge. You're focused, breathing is heavy and conversation isn't possible. This is a workout-only intensity: uncomfortable but controlled.

## Total Body Posterior

Targets the back side: glutes, hamstrings, back, calves. These workouts build power, hip extension and durability.

## Moderate Effort

Slightly harder than easy but still very controlled. You're aware you're working, but it feels sustainable for a long period. Breathing is steady.

## Strength Deload

A planned drop in strength training volume to support recovery and reduce fatigue. Deloads help your body absorb gains without oversteering joints or soft tissue.

## Mobility

Mobility work increases joint range of motion and supports efficiency.

## Strong Effort

Comfortably hard. You're working but still in control. This effort is meant to challenge you without tipping into race pace.

## Total Body Anterior

Targets the front side of the body: core, hip flexors, quads, tibialis. These muscles stabilize your trunk and knees while improving balance and posture.

## Foot/Ankle Work

Strengthens the stabilizing muscles in your feet and lower legs. This improves balance, coordination and ankle stability while reducing injury risk.



# 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

Instructions: 30 seconds per exercise

#### 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 Four 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.

**Coaching cue:** This time offers you an opportunity to reflect on your run.

### Cool-down

Instructions: Hold each for 30 seconds

#### 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-Four 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)

# STRENGTH TRAINING



This strength program was created to support your running, not compete with it. You'll move through two progressive blocks over the course of your 12-week base plan, 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 13.

## 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

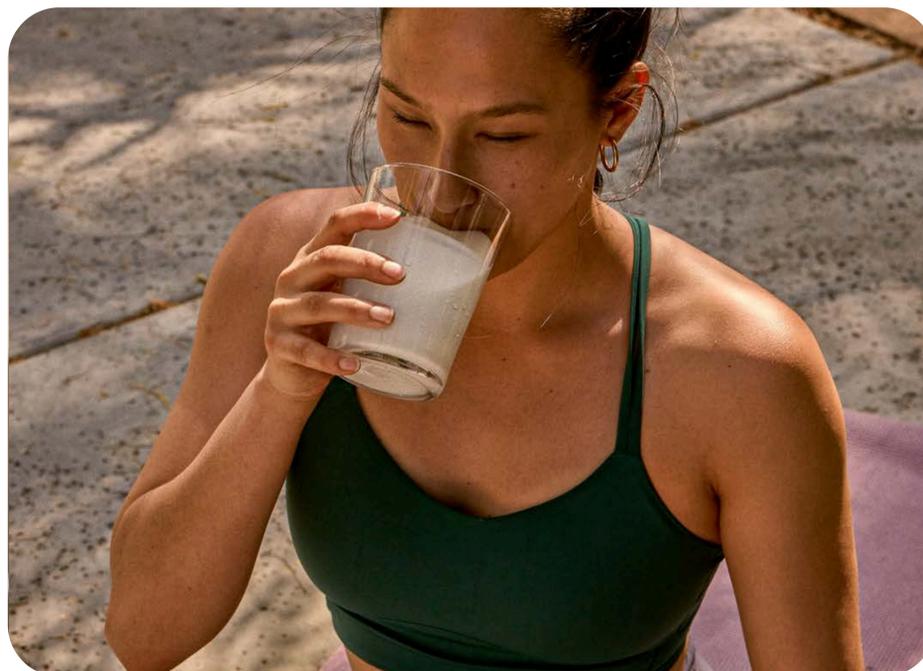
**Equipment Needed:** Dumbbells

#### Exercises:

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

## 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-ounce 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)

# FIND YOUR PACE



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

This plan includes structured workouts with specific pacing goals, but the foundation of your training is still built around effort, especially on easy days and long runs.

As an intermediate runner, you likely have a sense of how different paces feel. You don't need to obsess over numbers, but you do need to be honest with yourself and respect the purpose of each run.

### 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 answer "no" to any of these, slow down. Remember, easy doesn't mean ineffective.

### What long run effort should feel like

For long runs, you can apply the same easy effort, but the duration makes it feel harder over time.

Here's how you know you're pacing it well:

- 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.

### 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.



INTERMEDIATE MARATHON BASE PLAN

# YOUR JOURNEY WEEK BY WEEK

Part 1 of 2

# WEEK 1 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Flexible movement 20-30 minutes Optional: walk, light run or cross-train. Can rest instead.	Easy-effort run 2 miles	Easy-effort run 2 miles	Rest	Easy-effort run 2 miles	Rest	Long run 6 miles	12 miles
Strength Block 1	Choose any two non-consecutive days each week to complete your Total Body Anterior and Total Body Posterior workouts that work best for your schedule.							
Long run coaching cue: Run smooth and steady; this is not a test.								

## Weekly Nutrition Tip:

One of the best things you can do at the start of a training cycle is get into the routine of planning your meals for the week. Each week, set aside time to think ahead and plan what you will eat for meals and snacks. Planning will help ensure you have groceries on hand and take some of the stress away from deciding what to eat in the moment when you're hungry.

Remember, meal planning doesn't need to be rigid. Here's an easy way to plan your meals each week:

1. Take inventory of what foods need to be eaten up before they spoil.
2. Check your calendar for any planned events where meals will be served when you don't need to prepare your own food.
3. Plan one to two meals you can rotate between for breakfast, and think ahead about lunch: Will you eat leftovers from the night before, make a quick sandwich or wrap each day or meal prep in advance? Plan your dinners and decide if they need to be quick and easy in order to meet the demands of your schedule or whether you'll have more time to prep and cook.

If you're a morning runner, mornings can get hectic, and it can be challenging to make nutrition a priority. Make one of the following recipes ahead of time and store it in the fridge for a quick grab-and-go breakfast.



[WHIPPED RASPBERRY OVERNIGHT PROTEIN OATS](#)



[VEGETABLE AND SAUSAGE MINI PROTEIN QUICHES](#)



[BROCCOLI AND CHEESE FRITTATAS](#)



[TROPICAL GREEN SMOOTHIE BOWL](#)



[PROTEIN-PACKED BERRY BURST SMOOTHIE](#)

# WEEK 2 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Flexible movement 20-30 minutes Optional: walk, light run or cross-train. Can rest instead.	Easy-effort run 2 miles	Easy-effort run 2.5 miles	Rest	Easy-effort run 2 miles	Rest	Long run 6.5 miles	13 miles
Strength Block 1	Choose any two non-consecutive days each week to complete your Total Body Anterior and Total Body Posterior workouts that work best for your schedule.							

Long run coaching cue: Run by feel. Let your breath lead the pace.

## Weekly Nutrition Tip:

### ARE YOU STAYING HYDRATED?

Proper hydration is essential in order to feel your best during your run and throughout your day. When your body is hydrated, it helps to maintain fluid and electrolyte balance, prevent muscle cramps on a run, regulate body temperature, prevent overheating, improve recovery and enhance mental focus and alertness during your runs.



#### Follow these daily hydration tips:

- Drink water throughout the day. Aim for at least 8-10 cups (64-80 oz) of water per day to meet your baseline fluid needs and increase fluid intake as you're sweating more with exercise and warmer weather conditions.
- Make milk part of your hydration plan before and after your run. Studies show that milk is one of the best beverages for hydration, even better than water. Drinking dairy milk pre-run gives you an energy boost of B vitamins, while drinking chocolate milk post-run helps restore nutrients lost in sweat and provides quality protein for muscle repair. A powerful combo to help you get ready to run and recover faster.
- Monitor the color of your urine: Pale yellow urine indicates adequate hydration, while darker urine may mean you are dehydrated.
- Limit caffeinated and alcoholic beverages, as they can contribute to dehydration.

# WEEK 3 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Flexible movement 20-30 minutes Optional: walk, light run or cross-train. Can rest instead.	Easy-effort run 2.5 miles	Easy-effort run 2.5 miles	Rest	Easy-effort run 2 miles	Rest	Long run 7 miles	14 miles
Strength Block 1	Choose any two non-consecutive days each week to complete your <b>Total Body Anterior</b> and <b>Total Body Posterior</b> workouts that work best for your schedule.							

Long run coaching cue: Practice staying relaxed through the middle miles.

## Weekly Nutrition Tip:

### ADD IN NUTRIENT-RICH FOODS

Focus on adding in nutrient-dense foods to your meals, such as fruits, vegetables, dairy milk, whole grains, lean proteins and healthy fats. These foods provide essential vitamins, minerals and macronutrients to support overall health and performance.

- Include a variety of fruits and vegetables to eat throughout the week. Add fruit to your breakfast and snack (such as watermelon, peaches, strawberries, grapes). Add vegetables to your lunch and dinner (such as zucchini, grape tomatoes, asparagus, mushrooms).
- Swap out water for dairy milk in smoothies, oatmeal, muffins, pancake mix, and hot drinks. You'll experience the creamy texture and added benefit of milk's 13 essential nutrients. If you're lactose intolerant, lactose-free milk is real milk with all the same nutrients as dairy milk. It provides nutrients it can be hard to get enough of in your diet, so it's an important part of your training table. Plant-based milk alternatives are not nutritionally equivalent.
- Incorporate whole grains into meals you already enjoy. Instead of using white bread or wraps, opt for whole grain bread for sandwiches and whole grain wraps. Add cooked quinoa, farro or barley to a pre-made bagged salad for extra texture and nutrient boost. Replace regular white pasta with whole wheat or lentil pasta in your favorite pasta dishes.



# WEEK 4 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Flexible movement 20-30 minutes Optional: walk, light run or cross-train. Can rest instead.	Easy-effort run 2 miles	Easy-effort run 2 miles	Rest	Easy-effort run 2 miles	Rest	Long run 5 miles	11 miles
Strength Deload	Choose any two non-consecutive days each week to complete <b>Deload Workout A: Hips</b> and <b>Deload Workout B: Hips + Foot/Ankle</b> workouts that work best for your schedule.							

Long run coaching cue: Let today feel light. A stepback week is where adaptation happens.

## Weekly Nutrition Tip:

### NAVIGATING LUNCHTIME

At lunchtime, you may find yourself unsure of what to eat or may inadvertently skip a meal due to your schedule and time constraints. Prioritizing a balanced, nourishing meal at lunch will help to replenish energy stores after a morning workout or busy morning routine and provide sustained energy levels throughout the rest of the day.

Planning ahead and making mindful choices will set you up for success during your training journey. Refer to the Base Training Performance Plate for how to create balanced meals.



If you're short on time, here is a quick idea:

[EGGS & GREENS LUNCH WITH SMOOTHIE](#)

#### Create a balanced snack plate.

#### Choose one or two items from each category:

- Grains/Starches: Whole grain crackers, pita bread, pretzels, bagel, tortilla
- Protein: Hard-boiled egg, canned tuna, edamame, turkey deli meat, smoked salmon, pumpkin seeds
- Fruits/Vegetables: Sugar snap peas, mini cucumbers, cherry tomatoes, blackberries, apples/oranges/kiwis.
- Dairy: Glass of milk, Greek yogurt, string cheese, cream cheese
- Fat: Hummus cup, almonds, cashews, pistachios, guacamole



# WEEK 5 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	<b>Flexible movement 20-30 minutes</b> Optional: walk, light run or cross-train. Can rest instead.	<b>Easy-effort run 2.5 miles</b> + 4-6 x 15-20 second strides at the end of your run with walk recovery between starting in week 5	<b>Easy-effort run 3 miles</b>	Rest	<b>Easy-effort run 2.5 miles</b>	Rest	<b>Long run 7.5 miles</b>	15.5 miles
Strength Block 1	Choose any two non-consecutive days each week to complete your <b>Total Body Anterior</b> and <b>Total Body Posterior</b> workouts that work best for your schedule.							
Long run coaching cue: Treat this like a dress rehearsal for your next big run.								

## Weekly Nutrition Tip:

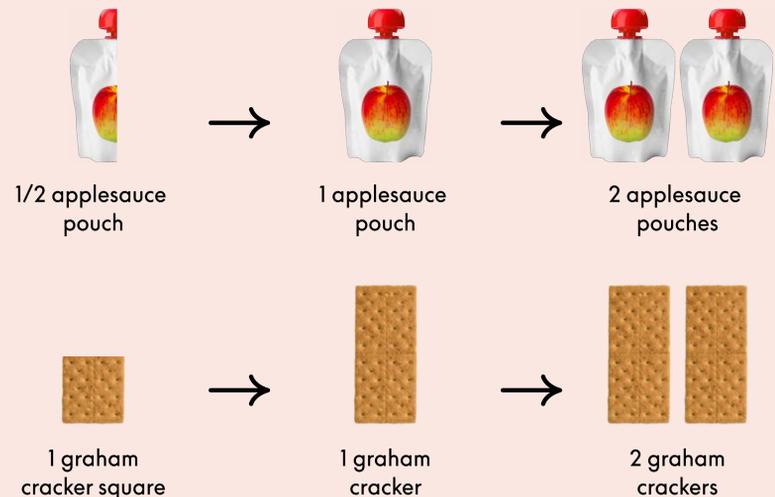
### TRAIN YOUR STOMACH TO EAT BEFORE A RUN

As mileage increases, it'll be important to start fueling before your long runs for an extra energy boost. You'll want to train your stomach to digest simple carbohydrate foods to avoid stomach problems. Foods like applesauce or graham crackers are typically well tolerated. Start with a small portion and work your way up as your mileage increases. Plan to eat your pre-run fuel of choice at least 30 to 60 minutes before you start running.

For example, eat half of an applesauce pouch or one graham cracker square 30 to 60 minutes before your run (see visual). Continue with this portion for three to five days or once you can tolerate and feel comfortable with it. Then, increase the portion to a full graham cracker or one applesauce pouch. Continue increasing the carbohydrates you eat pre-run until you reach about 30 grams.

#### HOW TO TRAIN YOUR STOMACH

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



# WEEK 6 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	<b>Flexible movement 20-30 minutes</b> Optional: walk, light run or cross-train. Can rest instead.	<b>Easy-effort run 3 miles</b> + 4-6 x 15-20 second strides at the end of your run with walk recovery between starting in week 5	<b>Easy-effort run 3 miles</b>	Rest	<b>Easy-effort run 2.5 miles</b>	Rest	<b>Long run 8 miles</b>	16.5 miles
Strength Block 1	Choose any two non-consecutive days each week to complete your <b>Total Body Anterior</b> and <b>Total Body Posterior</b> workouts that work best for your schedule.							
Long run coaching cue: Stay easy and steady the whole way.								

## Weekly Nutrition Tip:

### SUPPORT BONE HEALTH

Everyone needs strong bones, especially female athletes! Dairy milk is the top food source of calcium and vitamin D, along with providing high-quality protein, potassium and phosphorus, all of which support strong bones. Women runners benefit greatly from incorporating milk into their diets to support bone strength, reduce the risk of injury and promote long-term musculoskeletal health.

There are so many ways to incorporate dairy milk in your training diet beyond the glass. Consider lattes, smoothies or overnight oats or try some of these easy recipes to help meet your calcium and vitamin D needs.



[CHAI QUINOA PROTEIN BREAKFAST BOWL](#)



[CHICKEN ALFREDO](#)



[PB&J SMOOTHIE](#)



[SLOW COOKER CHICKEN, QUINOA & WHITE BEAN CHILI](#)

# WEEK 7 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	<b>Flexible movement 20-30 minutes</b> Optional: walk, light run or cross-train. Can rest instead.	<b>Easy-effort run 3 miles</b> + 4-6 x 15-20 second strides at the end of your run with walk recovery between starting in week 5	<b>Easy-effort run 3.5 miles</b>	Rest	<b>Easy-effort run 3 miles</b>	Rest	<b>Long run 9 miles</b>	18.5 miles
Strength Block 1	Choose any two non-consecutive days each week to complete your <b>Total Body Anterior</b> and <b>Total Body Posterior</b> workouts that work best for your schedule.							
<p><b>Long run coaching cue:</b> Try a mental body scan every 2 miles. Stay curious, not critical.</p>								

## Weekly Nutrition Tip:

### PRIORITIZE POST-RUN RECOVERY

Refuel your body with a combination of carbohydrates, protein, fluids and electrolytes within 30-60 minutes after your run, and this can be as simple as eating your next meal or snack. As runs become longer than 60 minutes, prioritizing post-run recovery will become even more important. One of the easiest ways to support recovery is by drinking a glass of chocolate milk. It contains carbohydrates for restocking glycogen (muscle fuel) stores, protein for rebuilding and repairing muscle fibers, and fluids and electrolytes to replenish losses through sweat.

- Postponing your recovery nutrition can delay muscle recovery.
- Try this Chocolate Cherry Recovery Smoothie for optimal recovery.
  - 1 cup chocolate milk
  - 3/4 cup frozen cherries
  - 1 banana
  - 1/2 cup Greek yogurt
  - 1/4 cup oats
  - Blend together until smooth. Enjoy within 30-60 minutes of finishing your run for maximum benefits.

## TIP FROM



**DEENA KASTOR**

Eight-time national cross-country champion and bronze medal winner in the women's marathon at the 2004 Athens Olympics

"Milk offers an ideal balance of carbohydrates and protein for a post-run recovery shake. I enjoy whole milk blended with dates, ice and cinnamon, or milk blended with frozen bananas, frozen dark cherries, maple syrup and a handful of spinach. These smoothies are a great way to get essential nutrition within 30 min after running."

# WEEK 8 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	<b>Flexible movement 20-30 minutes</b> Optional: walk, light run or cross-train. Can rest instead.	<b>Easy-effort run 2.5 miles</b> + 4-6 x 15-20 second strides at the end of your run with walk recovery between starting in week 5	<b>Easy-effort run 3 miles</b>	Rest	<b>Easy-effort run 2.5 miles</b>	Rest	<b>Long run 6 miles</b>	14 miles
Strength Deload	Choose any two non-consecutive days each week to complete <b>Deload Workout A: Hips</b> and <b>Deload Workout B: Hips + Foot/Ankle</b> workouts that work best for your schedule.							
<p><b>Long run coaching cue:</b> Keep this relaxed. Reflect on how far you've come since week 1.</p>								

## Weekly Nutrition Tip:

### LISTEN TO YOUR BODY

Start to pay attention to how different foods make you feel during your runs. The foods you eat throughout the day will lay the foundation in fueling your body for your next run or workout. For example, eating a high-fat meal the night before your run may make you feel sluggish the next morning. Eating a more balanced meal (as shown in the performance plates) with whole grains, protein, healthy fats and fruits and vegetables can help you feel more energized during your run.

Some runners may find they perform better when eating only carbohydrate foods (e.g., a banana) before a run, while others may prefer eating carbohydrates with a little protein and fat (banana with peanut butter). Everyone's nutritional needs are unique, so experiment with different foods to see what works best for you. Avoid trying new foods right before a long run.

#### Consider keeping a food diary or journal.

In your training log or a separate food diary, keep track of how different foods make you feel and how they impact your running performance. Note what you eat before and after runs, as well as any symptoms or changes in energy levels that you experience. Over time, you'll start to identify patterns and make informed decisions about your nutrition.

## TIP FROM



**KATHRINE SWITZER**

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

**"Like all runners, success of completion is based not on talent but on consistency of daily training. Magic only happens when you put in the training, so record your training; it keeps you honest."**

# WEEK 9 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	<b>Flexible movement 20-30 minutes</b> Optional: walk, light run or cross-train. Can rest instead.	<b>Easy-effort run 3.5 miles</b> + 4-6 x 15-20 second strides at the end of your run with walk recovery between starting in week 5	<b>Easy-effort run 4.5 miles</b>	<b>Rest</b>	<b>Easy-effort run 3.5 miles</b>	<b>Rest</b>	<b>Long run 9.5 miles</b>	<b>21 miles</b>
Strength Block 2	Choose any two non-consecutive days each week to complete your <b>Total Body Anterior</b> and <b>Total Body Posterior</b> workouts that work best for your schedule.							
<p><b>Long run coaching cue:</b> Hold steady and consistent effort; no need to “prove” anything.</p>								

## Weekly Nutrition Tip:

### WHEN SHOULD I START FUELING DURING MY LONG RUN?

Once your weekly long run becomes longer than 60-70 minutes at once, you'll want to start bringing water, electrolytes and carbohydrates (energy gels, chews or food) with you to keep your energy level up and avoid feeling exhausted by the end of your run.



#### Follow these steps to get started:

Step 1: Choose one of the following:

- Energy gels (GU)
- Energy chews
- Food (jelly beans, sugary candy, applesauce pouch, dates)

Step 2: Once you're 30-45 minutes into your long run, take half of an energy gel or four to five jelly beans (aim for about 8-15 g of carbohydrates) and drink with water. (Note: You can drink a carb/electrolyte drink with your gels instead of plain water, but you'll have to train your stomach to do so first.)

Step 3: Aim to drink 6-20+ oz of fluids within one hour.

# WEEK 10 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	<b>Flexible movement 20-30 minutes</b> Optional: walk, light run or cross-train. Can rest instead.	<b>Easy-effort run 4 miles</b> + 4-6 x 15-20 second strides at the end of your run with walk recovery between starting in week 5	<b>Easy-effort run 5 miles</b>	<b>Rest</b>	<b>Easy-effort run 4 miles</b>	<b>Rest</b>	<b>Long run 10 miles</b>	<b>23 miles</b>
Strength Block 2	Choose any two non-consecutive days each week to complete your <b>Total Body Anterior</b> and <b>Total Body Posterior</b> workouts that work best for your schedule.							
Long run coaching cue: Dial into fueling.								

## Weekly Nutrition Tip:

### HOW DO I CARRY EVERYTHING?

The logistics of how you will carry all your fuel during long runs can take the most planning, especially during training when you likely don't have hydration stations set up every 2-3 miles like on race day. While there is no one magic answer, this is where you can exercise your creativity.



Here are a few ideas for how to carry your fuel:

- Purchase a handheld water bottle or hydration vest to carry your fluids.
- Run a loop where you can circle back to your car or home to grab your extra water or fuel.
- Choose a route that has public drinking fountains or places to refill your water bottle.
- Have a friend or family member bike along with you, carrying your extra water and fuel.

# WEEK 11 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	<b>Flexible movement 20-30 minutes</b> Optional: walk, light run or cross-train. Can rest instead.	<b>Easy-effort run 5 miles</b> + 4-6 x 15-20 second strides at the end of your run with walk recovery between starting in week 5	<b>Easy-effort run 5.5 miles</b>	Rest	<b>Easy-effort run 4.5 miles</b>	Rest	<b>Long run 10.5 miles</b>	25.5 miles
Strength Block 2	Choose any two non-consecutive days each week to complete your <b>Total Body Anterior</b> and <b>Total Body Posterior</b> workouts that work best for your schedule.							
Long run coaching cue: This is the longest you've gone. Remember, strength builds gradually.								

## Weekly Nutrition Tip:

### SET YOURSELF UP TO FEEL ENERGIZED ON YOUR LONG RUN

During the meal before your long run (e.g., dinner Saturday night if you're running Sunday morning), you should be intentional about eating a larger portion of carbohydrate foods. Choose foods that are familiar to you, and aim to make half of your plate carbs, 1/4 plate protein and 1/4 plate fruits and vegetables.



## Dinner ideas for the night before your long run

### Pasta & Meatballs

- 1.5 cups cooked pasta
- 3/4 cup marinara sauce
- 4-5 oz meatballs
- 1/2 cup cooked broccoli (optional)
- 1 slice garlic bread
- 8 fl oz milk (or lactose-free milk)

Try this [Turkey Meatball in Vodka Sauce](#) recipe served over pasta.

### Baked Potato

- 1 large baked potato
- 4-5 oz shredded chicken or tofu
- Toppings: Sour cream (or plain Greek yogurt), shredded cheese, chives
- Serve with a vegetable such as a side salad, steamed vegetables like broccoli or mixed vegetable medley
- Enjoy with a glass of milk (or lactose-free milk)



[ONE-POT BOWTIE PASTA WITH PEAS](#)



[CHICKEN ALFREDO](#)

# WEEK 12 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	<b>Flexible movement 20-30 minutes</b> Optional: walk, light run or cross-train. Can rest instead.	<b>Easy-effort run 4 miles</b> + 4-6 x 15-20 second strides at the end of your run with walk recovery between starting in week 5	<b>Easy-effort run 4.5 miles</b>	Rest	<b>Easy-effort run 3.5 miles</b>	Rest	<b>Long run 6 miles</b>	18 miles
Strength Deload	Choose any two non-consecutive days each week to complete <b>Deload Workout A: Hips</b> and <b>Deload Workout B: Hips + Foot/Ankle</b> workouts that work best for your schedule.							
Long run coaching cue: Celebrate recovery. This is a strategic stepback.								

## Weekly Nutrition Tip:

### RECOVERY DAYS

On rest or recovery days, especially after a long run, you may find yourself hungrier. This is completely normal, as your body is replenishing energy stores and supporting muscle repair from the day before. Focus on nourishing your body with nutrient-dense foods, including whole grains, lean proteins, fruits, vegetables, healthy fats and dairy foods like milk.

## TIP FROM



**DES LINDEN**

Two-time Olympian and the first American in 33 years to win the Boston Marathon (women's category)

"1. Prioritize sleep. 2. Splurge on a massage or two. 3. Easy days are easy—hard days are hard. If an easy day is scheduled, take advantage of it and make sure you're recovering."

## Pro Tip

Within 30-60 minutes after a long run, drink a glass of chocolate milk. It contains the right balance of carbs and protein, plus fluids and electrolytes, which are scientifically proven to help refuel exhausted muscles and prevent next-day muscle soreness.



### Note from Expert Alysha Flynn:

"Avoid running too hard as you follow this plan. Avoiding this will help you steer clear of breakdown from fatigue as your body adapts to the mileage and strength-training routine."

# CONGRATULATIONS, YOU BUILT THIS!

You showed up. You stayed consistent. Now, the Every Woman's Marathon Intermediate Marathon Training Plan awaits.

WEEKS 1-12

## 12-WEEK INTERMEDIATE BASE PLAN

Part 1 of 2

Ready to Begin

WEEKS 13-28

## 16-WEEK INTERMEDIATE MARATHON TRAINING PLAN

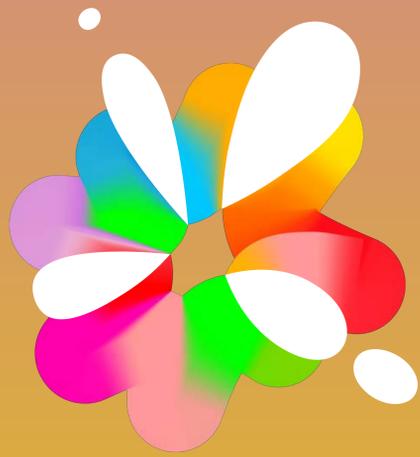
Part 2 of 2

Start your Marathon Training Plan at Week 13



[GO TO MARATHON TRAINING PLANS](#)

## RACE DAY



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