EVERY WOMAN'S MARATHON™

POWERED BY TEAM MILK

EXPERIENCED MARATHON TRAINING GUIDE

Use this 16-week plan to build your endurance and speed for a new personal best.

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 EXPERIENCED BASE PLAN

Part 1 of 2

Start Here

16-WEEK EXPERIENCED 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 EXPERIENCED 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. You'll train hard, recover smart and show up to race day feeling prepared!

This guide is a great fit if you can comfortably run 12 miles and are currently running 35 miles per week.

It is designed for advanced athletes (not beginner or intermediate runners). You should have a strong aerobic base, experience with structured training and a consistent strength routine before starting.

Each week, your expert-designed workouts will help you:

- Gradually increase your weekly mileage to build endurance.
- Become more efficient at higher speeds with marathon-specific speed work.
- Incorporate weight training and mobility to prevent injury.
- Facilitate recovery with planned rest days and stepback weeks.
- Build race-ready confidence that you CAN achieve a new personal best!

In partnership with Team Milk, Coach Alysha Flynn of What Runs You and Kristy Baumann, RD, LD, Running Dietitian, created this guide to support experienced marathoners with tips and insights from team captains that will help them reach their personal best.

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.

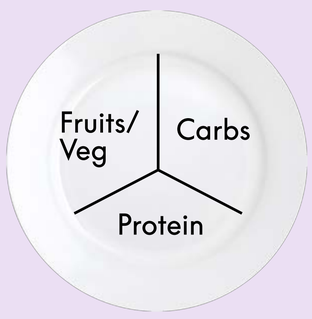
Proper **hydration** helps to maintain fluid balance, regulate body temperature and support performance and recovery. Managing hydration is more than just making sure you get enough to drink during and immediately after your runs. Make sure you're drinking throughout the day—aim to get 8–10 cups of water 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 **Experienced Marathon Plan**, use the **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.

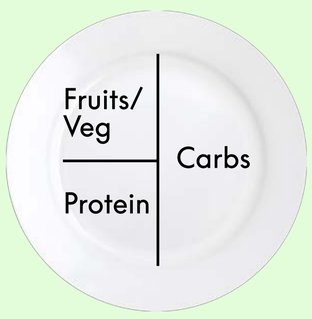
Weeks 1–4, 7, 10, 15

Moderate Training Plate



Weeks 5–6, 8–9, 11–14, 16

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.

EXPERIENCED 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	**Speed work**	**Recovery run** on soft surface	**Easy-effort run**	**Flexible movement** Optional: walk, light run, cross-train OR rest	**Long run**	**Long run**	
1	Rest	5 mi + strides	6 mi Surges*	4 mi	5 mi	3 mi or rest day	12 mi	12 mi	☐
2	Rest	5 mi + strides	6 mi Progression run*	4 mi	5 mi	3 mi or rest day	13 mi	13 mi	☐
3	Rest	5 mi + strides	7 mi Progression run*	4 mi	5 mi	3 mi or rest day	14 mi	14 mi	☐
4	Rest	4 mi + strides	6 mi Fartlek*	3 mi	3 mi	3 mi or rest day	10 mi	10 mi	☐
5	Rest	6 mi + strides	7 mi 800 m repeats*	4 mi	6 mi	3 mi or rest day	15 mi	15 mi	☐
6	Rest	6 mi + strides	8 mi Tempo intervals*	4 mi	6 mi	3 mi or rest day	16 mi	16 mi	☐
7	Rest	4 mi + strides	6 mi Fartlek*	3 mi	4 mi	3 mi or rest day	12 mi	12 mi	☐
8	Rest	6 mi + strides	8 mi 800 m repeats*	4 mi	6 mi	3 mi or rest day	18 mi	17 mi	☐
9	Rest	7 mi + strides	8 mi Tempo*	4 mi	6 mi	4 mi or rest day	20 mi	18 mi	☐
10	Rest	5 mi + strides	7 mi Fartlek*	3 mi	5 mi	3 mi or rest day	12 mi	12 mi	☐
11	Rest	7 mi + strides	10 mi Marathon goal pace*	4 mi	6 mi	4 mi or rest day	20 mi	19 mi	☐
12	Rest	5 mi + strides	8 mi Tempo*	3 mi	5 mi	4 mi or rest day	14 mi	14 mi	☐
13	Rest	6 mi + strides	10 mi Marathon goal pace*	5 mi	6 mi	4 mi or rest day	20 mi	20 mi	☐
14	Rest	5 mi + strides	7 mi Fartlek*	5 mi	5 mi	4 mi or rest day	12 mi	12 mi	☐
15	Rest	5 mi + strides	6 mi Tempo intervals*	4 mi	4 mi	2 mi or rest day	8 mi	8 mi	☐
16	Rest	4 mi + strides	3 mi Optional tune-up workout*	3 mi Road, not soft surface	Rest	2 mi or rest day	26.2 mi	26.2 mi	☐

*See weekly breakdown for full workout

WORKOUT GLOSSARY

PRE-RUN WARM-UP TERMS

Warm-up
(30 seconds per exercise)

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-UPS

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

RUNNING AND WORKOUT TERMS

Soft-surface run

A run completed on a surface with more give than pavement, such as groomed grass, track, turf, gravel or trail. Soft surfaces can reduce impact on joints and support recovery when effort stays easy.

Flexible movement day

An optional day for light, low-pressure movement like walking, cross-training or an easy-effort run. The goal is to stay consistent without adding fatigue—movement should feel restorative, not exhausting.

Surges

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

Strides

Strides are short bursts of controlled speed done 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 one with walking or slow jogging. They help improve running form, leg turnover and coordination without creating fatigue.

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.

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.

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.

Fartlek

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

Tempo run

A tempo run is the hardest pace you can hold for about 60 minutes, but the workouts in this plan are shorter than that. This effort is "comfortably hard"—you're working, but in control. It improves endurance, mental strength and your ability to stay strong deep into a race.

Tempo intervals - advanced

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.

Marathon pace/goal pace workout

Portions of your run done at a 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 short bursts of hard running with recovery jogs in between. This lets you spend more total time at a high effort than you could in a continuous run.They improve both your aerobic and anaerobic capacity, and sharpen efficiency and race day grit. (Effort: Hard.)

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.

Recovery run

Recovery runs are slower than easy effort. They're meant to circulate blood, promote recovery and train you to move well on tired legs. (Effort: Very easy.) Run by feel, not by pace.

Coaching cue

A short, focused reminder that gives you something specific to think about during your workout or run, such as a form check, pacing strategy or mindset tip.

RPE

Rate of Perceived Effort: A simple way to measure how hard you feel you're working during a run or workout, using a scale from 1–10.

Easy-effort run

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.

Moderate-effort run

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.

Strong-effort run

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

Hard-effort run

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.

STRENGTH PROGRAM TERMS

Strength deload

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

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.

Total-body posterior

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

Mobility

Mobility work increases joint range of motion and supports efficiency.

Foot/ankle work

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

TIP FROM

DANIELLE MCLAUGHLIN

Adaptive athlete, former paratriathlon world champion and runner.

Running a marathon is all about your mental game. From day one, 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!

POST-RUN COOL-DOWN/ RECOVERY STRETCHING TERMS

Cool-down
(30 seconds per exercise)

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

GEAR TIP FROM

DANIELLE MCLAUGHLIN

Adaptive athlete, former paratriathlon world champion and runner.

1. Have 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. It's perfect for keeping the sun and rain out of your face, and for warmth in the winter.
3. Handheld water bottle for long runs.

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.

THREE TIPS FOR STAYING MOTIVATED

DEENA KASTOR

Bronze medalist and eight-time XC National Champion.

1. Running is a great way to define character traits you admire like discipline, endurance and resiliency. My mantra, "Define Yourself," has carried me through some challenging moments in sports and life.
2. Making time for a run is always worth it. It can give you the headspace to troubleshoot, offer endorphins to boost your day or give you some personal space or social time—whichever you need.
3. Running isn't just good for your physical health, it's good for your mental health. While you are out there running, make sure you are also creating a good headspace. The attitudes you create while running will become your habit of mind.

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 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 six 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

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 low fat 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. Drink white dairy milk 30 minutes before exercising to prepare your body for activity—this gives your body enough time for digestion.

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.

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

Rest: 30 seconds between sets
Effort Level: RPE 6–7
Challenging, but sustainable

Equipment Needed:
Dumbbells and resistance band

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

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 experienced runners, Saucony recommends you try out their Triumph 23 or Hurricane 25 for Everyday + Endorphin Speed 5 for Speed Training.

Why the Triumph 23?

Saucony designed the Triumph 23 for those everyday runs.

Key Benefits:

- **Enhanced Cushioning** – Softer, lighter PWRRUN PB 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.

Key Benefits:

- **Maximum Cushioning** – A plush layer of PWRUN PB 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 XT-900 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.

Why the Endorphin Speed 5?

The Endorphin Speed 5 is a fast and light shoe for your speed workouts.

Key Benefits:

- **Speed Engineered** – New lightweight engineered mesh for an even more comfortable fit, perfect for fast-paced runs and daily wear.
- **Optimized Outsole** – Reconfigured outsole with expanded coverage in the heel for greater durability during your quickest strides. Full length groove to enhance the natural cycle of your gait.
- **Snappy Ride** – A full-length semi-rigid nylon plate between two layers of responsive PWRRUN PB foam, giving you a perfect balance of propulsion and cushioning for every stride.
- **Natural Flow** – Full-length groove enhances your gait cycle, giving you a smoother transition from foot strike to push-off.

EXPERIENCED 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** **5 miles** + 4–6 x 15–20-second strides at the end of your run with walk recovery between	**Surges** **(6 x 60 seconds)** **6 miles** Warm-up: 1–2 miles easy Main set: In the second half of your run, include 6 × 60-second surges at a fast but controlled pace. Let the pace build smoothly, then return to your regular easy effort. No full recovery needed. Cool-down: Easy running to complete 6 miles total	**Recovery run on soft surface** **4 miles**	**Easy-effort run** **5 miles**	**Flexible movement** 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 **Block 2: Total Body Anterior, Block 2: Total Body Posterior**						

Speed-run coaching cue: Think of surges as a smooth gear shift, not a sprint. Let the effort come to you.
Long-run coaching cue: Welcome to the build. Keep things easy and relaxed today, just enough time on your feet to reset your rhythm.

Weekly Nutrition Tip:

FUELING BEFORE AND AFTER EVERY RUN

If you run first thing in the morning after waking up, have a little something to eat before your run. Plan to eat about 30 grams of simple, easy-to-digest carbs, plus drink 8 oz of water 30–60 minutes before your weekday runs. You may wish to add a little protein/fat with your pre-run fuel.

Stock your pantry with pre-run snacks for easy grab-and-go options, and choose one of the following:

- 1 English muffin with peanut butter and honey
- 1 serving of pretzels
- 2 graham cracker sheets
- 1 fig bar
- 1 stroopwafel
- 1 banana
- 3 pieces dried mangos
- 1 cup low-fiber cereal with dairy milk

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."

RUNNING MIDDAY?

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 midday 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 dairy milk. Or, think about eating an early dinner and allowing at least two to three hours to pass before you start to run.

After your run, rehydrate and refuel with chocolate dairy milk within 30–60 minutes. Chocolate dairy milk is one of the best beverages for recovery, as it contains the ideal combination of carbs and protein and replaces electrolytes lost in sweat.

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

Sample pre-long-run meal ideas:

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

WEEK 2 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	**Progression run** **(final 20 minutes hard)** **6 miles** Start at an easy effort and gradually increase your pace over 6 miles. The final 20 minutes should build to hard effort (you're working, but in control). This may align with your marathon goal pace by the end.	**Recovery run on soft surface** **4 miles**	**Easy-effort run** **5 miles**	**Flexible movement** Optional: walk, light run, (3 miles suggested), cross-train OR rest	**Long run** **13 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Block 2: Total Body Anterior, Block 2: Total Body Posterior**						

Speed-run coaching cue: Be patient. Let the effort rise gradually. The final 20 minutes should feel focused and strong, not forced.
Long-run coaching cue: Check in with your stride and breathing. Can you stay steady and comfortable through the second half?

Weekly Nutrition Tip:

HYDRATION FOR SUMMER RUNS

Your everyday habits lay the foundation for staying hydrated and maintaining performance during summer runs. As a general rule of thumb, aim to drink half of your body weight in ounces of fluids per day. For example, a 150 lb runner would aim to drink about 75 oz of fluids per day, plus replacing fluids lost through sweat. Adequate hydration also boosts mental focus and alertness, ensuring you're at your best during those long summer runs.

Before your run:
- Aim to drink at least 8–16 oz of fluids one to two hours before your run to ensure you're adequately hydrated.

During your run:
- Drink electrolyte-enhanced water on runs longer than 60 minutes. Consider carrying a handheld water bottle, wearing a hydration belt or vest or plan your route around water fountains.
- Electrolytes help your body hold on to fluids and are needed to prevent hyponatremia or low blood sodium, which can lead to headaches, nausea and dizziness.

After your run:
- Rehydrate and recover with chocolate dairy milk after your run. Research shows 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.

After a run or strength workout, your muscles are like sponges—they are highly efficient at absorbing nutrients. Pack a shelf-stable chocolate dairy milk in your gym bag to make the most of that 30–60 minute post-workout recovery window. It's an easy, delicious way to refuel with the carbs and protein your body needs.

TIP FROM

DEENA KASTOR

Bronze medalist and eight-time XC National Champion.

Weather is part of running's game. I've enjoyed running in 101 degrees or -5 because I've been prepared. There is a lot of good gear to layer on to keep us dry and warm. I've found a good layer of sunscreen has protected my skin from not only the sun, but wind and cold too. Stay hydrated. It's important in the heat, but many of us don't feel thirsty in the cold. Hydration is always important. And there is no such thing as bad weather, just poor preparation.

WEEK 3 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	**7-mile progression run (by thirds)** **7 miles** Divide the run into 3 equal parts: 2.3 miles each First third: Easy effort Second third: Steady effort Final third: Hard effort (controlled, sustainable push)	**Recovery run on soft surface** **4 miles**	**Easy-effort run** **5 miles**	**Flexible movement** 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 **Block 2: Total Body Anterior, Block 2: Total Body Posterior**						

Speed-run coaching cue: Build discipline through restraint early on, and finish with strength, not speed.
Long-run coaching cue: This is a chance to practice fueling early and staying relaxed late. Let your stride feel smooth, not forced.

Weekly Nutrition Tip:

ADD AN ENERGY BOOST DURING LONG RUNS

Taking energy gels, chews or carb-based snacks (e.g., dried fruit, gummy candy, pretzels) give you an energy boost during long runs. It prevents you from feeling exhausted by the end of your run.

Energy gels, chews or carb-based snacks are intended to be taken with fluids. Start with water, and then, as you train your stomach to digest carbs on a run, you can switch to drinking a carb-electrolyte beverage.

As an experienced marathon runner, you've likely already found ways to fuel for your long runs. However, if you're new to fueling, follow these steps to get started:

Safety tip

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

Step 1: Visit your local running store or grocery store to purchase one or more of the following:

- Energy gels
- Energy chews
- Carb-based snacks (gummy candy, applesauce pouch, dates)
- Carb-electrolyte drink

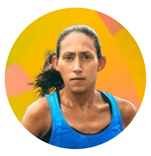
Step 2: During your long run, take one half to one whole energy gel or about four to five jelly beans (aim for 10–25 grams of carbs) EVERY 30–45 minutes throughout your run.

- Over the course of the next several weeks, increase the amount of carbs you consume until you reach 30 grams of carbs every 30 minutes, for a total of 60 grams of carbs per hour.

Step 3: Aim to drink 6–20+ oz fluids per hour of running, depending on the weather and how much you're sweating.

- Remember: Your body needs more than water to stay hydrated. It also needs ELECTROLYTES! Make sure you are getting electrolytes by adding them to your water or choosing gels/chews/foods with sodium.

TIP FROM



DES LINDEN

Two-time Olympian and Boston Marathon winner.

Chocolate dairy milk after a long run or hard session is a great way to kickstart recovery.

After your long run or strength session, decrease muscle soreness and recover faster by refueling within 30-60 minutes. Try:

CHOCOLATE CHERRY RECOVERY SMOOTHIE

Ingredients

- 1 cup chocolate dairy milk
- 1 banana
- ½ cup frozen cherries
- ¼ cup oats
- 1 tbsp nut butter

Directions

Blend together ingredients.

FRUIT & YOGURT SMOOTHIE BLEND

Ingredients

- 1 cup dairy milk
- 1 cup berries
- ½ cup Greek yogurt
- Honey to taste

Directions

Blend together ingredients.

WEEK 4 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	**10 x 1:1 fartlek** **6 miles** Warm-up: 2 miles easy Main set: 10 sets of 1 minute hard effort, 1 minute very easy jog Cool-down: Easy running to complete 6 miles total	**Recovery run on soft surface** **3 miles**	**Easy-effort run** **3 miles**	**Flexible movement** Optional: walk, light run, (3 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 **Deload Workout A: Hips, Deload Workout B: Hips + Foot/Ankle Stability**						

Speed-run coaching cue: Don't overdo the first few. Let the workout come to you. Aim to feel strong and steady by the second half.
Long-run coaching cue: Let this one flow. Keep your effort light and your mindset relaxed.

Weekly Nutrition Tip:

RUNNING DURING YOUR PERIOD

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

FUELING

- **Stay hydrated:** Drink plenty of fluids before, during and after your run to stay hydrated, especially if you experience heavy menstrual flow. Dehydration can exacerbate symptoms like fatigue and cramping.
- **Eat balanced meals:** Follow the performance plates from page 3. Menstruation can lead to iron loss. 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), flax seeds, 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 5 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **6 miles** + 4–6 x 15–20-second strides at the end of your run with walk recovery between	**4–6 x 800 m repeats** **7 miles** Warm-up: 1 mile easy Drills: Choose 4–5 drills from this drill playlist Strides: 4 × 20-second strides with 1 minute easy jog between (stride demo) Main set: 4–6 × 800 m (0.5 mi) at goal marathon pace, with 800 m very easy jog recovery between Cool-down: Run easy to complete 7 miles total	**Recovery run on soft surface** **4 miles**	**Easy-effort run** **6 miles**	**Flexible movement** 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 **Block 3: Total Body Anterior, Block 3: Total Body Posterior**						

Speed-run coaching cue: Don't overdo the first few. Let the workout come to you. Aim to feel strong and steady by the second half.
Long-run coaching cue: Ease in and let the miles build. There's no need to push, just stay smooth and steady throughout.

Weekly Nutrition Tip:

SET YOURSELF UP TO FEEL ENERGIZED ON YOUR LONG RUN

What you eat the night before your long run will impact how you feel on your run the next day. Be intentional about eating a larger portion of carbohydrate foods by following the High Training Performance Plate with half of your plate grains/starches, ¼ of your plate protein and ¼ plate fruits/vegetables. You've probably already found a pre-long-run meal that works for your body, so stick to that! Choose foods that are familiar to you and try to limit spicy, high-fat and high-fiber foods.

DINNER IDEAS FOR THE NIGHT BEFORE YOUR LONG RUN

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

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

MUSHROOM SKILLET RICE

ONE-POT CHICKEN THIGHS

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 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 tbsp 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

Pre-run fueling starts even the night before your long run. What you eat the evening prior can directly impact your performance the next day.

Opt for a bowl of cereal or granola with dairy milk to top off your glycogen stores and hydrate before bedtime. Or, blend a small smoothie with dairy milk, banana and peanut butter for a balanced snack that will sustain you into the next morning for your run.

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 6 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **6 miles** + 4–6 x 15–20-second strides at the end of your run with walk recovery between	**4 x 5 tempo intervals** **8 miles** Warm-up: 2 miles easy Main set: 4 × 5 minutes at 10–15 seconds faster than tempo pace, with 3 minutes very easy recovery jog Cool-down: Easy running to complete 8 miles total	**Recovery run on soft surface** **4 miles**	**Easy-effort run** **6 miles**	**Flexible movement** 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 **Block 3: Total Body Anterior, Block 3: Total Body Posterior**						

Speed-run coaching cue: These intervals are about control and rhythm, not racing. Stay locked in.
Long-run coaching cue: Fuel early, hydrate often and notice how your body responds.

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 50–60 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 8–15 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 6–24+ 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 35–40 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 (50–60 grams of carbs per hour). Drinking 6–24+ 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	SLOWLY INCREASE	END GOAL
15 g carb/hour	30 g carb/hour	50–60+ g carb/hour

½ energy gel every 45 mins with water

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

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.

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:

Recovery starts as soon as your run ends. A glass of low-fat or lactose-free chocolate dairy milk gives your body what it needs—carbs to replenish glycogen, protein for muscle repair and fluids with electrolytes to rehydrate. It's a science-backed recovery choice, trusted and loved by experienced runners.

THREE FUELING TIPS

DES LINDEN

Two-time Olympian and Boston Marathon winner.

1. Find out what hydration/nutrition is going to be offered on the course and practice with it.
2. Train your gut—it's not natural to eat and drink on the run, it's something you need to practice.
3. Flavor fatigue is real—try using different flavors of gels throughout your run to make them a little more palatable late in the run.

WEEK 7 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	**14 x 1:1 fartlek** **6 miles** Warm-up: 2 miles easy effort Main set: 14 × 1 minute hard effort, 1 minute very easy jog between Cool-down: Run easy to complete 6 miles total	**Easy-effort run on soft surface** **3 miles**	**Easy-effort run** **4 miles**	**Flexible movement** 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 **Deload Workout A: Hips, Deload Workout B: Hips + Foot/Ankle Stability**						

Speed-run coaching cue: Mid-cycle fartlek, stay strong, but don't redline. This is about rhythm and repeatable effort.
Long-run coaching cue: Use this run to quiet your mind. It's a step back to keep moving forward.

Weekly Nutrition Tip:

BREAKFAST DURING BUSY MORNINGS

Mornings can be hectic, especially if you've added an early morning run session. 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.

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 milk to scrambled eggs or an omelet to make them extra fluffy.
- Drink a latte with milk for added protein—and extra foam.
- Use in a baked quiche for a richer flavor and nutritional boost.

Plan ahead and have easy meals ready to go, such as:

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

VEGGIE PROTEIN EGG MUFFINS

Ingredients

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

Directions

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

1. Distribute the cubed protein evenly among the 12 muffin cups. Add the potatoes with onions and peppers or other vegetables evenly into each cup. Evenly distribute the chopped spinach among the muffin cups. Sprinkle the shredded cheese evenly on top of the other ingredients in each cup.
2. In a large bowl, beat the eggs and 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 low-fat 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
- 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 8 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	**6–8 x 800 m repeats** **8 miles** Warm-up: 1 mile easy Drills: Choose 4–5 drills from this drill playlist Strides: 4 × 20-seconds strides with 1 minute easy jog between (stride demo) Main set: 6–8 × 800 m (0.5 mi) at goal marathon pace, with 800 m very easy jog recovery between Cool-down: Run easy to complete 8 miles total	**Easy-effort run on soft surface** **4 miles**	**Easy-effort run** **6 miles**	**Flexible movement** Optional: walk, light run, (3 miles suggested), cross-train OR rest	**Long run** **18 miles** Optional: fast finish long run Start this run at your easy effort, relaxed and conversational. Settle into a steady rhythm through the middle miles. In the final 1–3 miles, gradually shift gears until you're running at or just below goal marathon pace. The goal is to finish strong, not depleted.	**Long run** **17 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Block 3: Total Body Anterior, Block 3: Total Body Posterior**							

Speed-run coaching cue: As reps increase, focus on form and consistency.
Long-run coaching cue: This run teaches you how to close with control. Trust your early pacing, then let your training take over at the end.

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.

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 the following chart as a guide in preparation for race day.

Weekly Nutrition Tip:

CREATE YOUR RACE DAY FUELING PLAN

	WHEN	WHAT	SUGGESTIONS
Before your run	2–3 hours 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.	Bagel + peanut butter + banana + honey
During your run	1–2 hours before your run	Drink 8–16 oz of fluids.	8–16 oz latte with dairy milk
	20–30 minutes before your run	Consider eating simple carbs for a quick energy boost at the start line.	1 energy gel or 4–5 chews with sips of fluids
	Every 30–45 minutes	Aim to take in 50–60 grams of carbohydrates per hour.	1 energy gel, or 4–5 energy chews or carb-based snacks
	Every 15–20 minutes	Hydrate with 3–6 oz of water or a sports drink. Aim for 8–20+ oz of fluids per hour. Remember, hydration needs vary depending on your sweat rate and electrolyte losses.	3–6 oz carb-electrolyte beverage
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 9 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY HIGH	SUNDAY LOW
Running	**Rest**	**Easy-effort run** **7 miles** + 4–6 x 15–20-second strides at the end of your run with walk recovery between	**25-minute tempo** **8 miles** Warm-up: 3 miles easy Main set: 25 minutes at tempo effort (Comfortably hard. You can talk, but wouldn't want to.) Cool-down: Run easy to complete 8 miles total	**Easy-effort run on soft surface** **4 miles**	**Easy-effort run** **6 miles**	**Flexible movement** 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 **Block 3: Total Body Anterior, Block 3: Total Body Posterior**							

Speed-run coaching cue: Think steady, not fast. Lock into effort and let the pace happen.
Long-run coaching cue: Start easy, stay steady. This run is about time on your feet, not pace.

Weekly Nutrition Tip:

NOT FEELING HUNGRY AFTER YOUR LONG RUN?

After a long run, your hunger signals may become masked, causing you not to feel hungry. Drinking a cold glass of chocolate dairy milk within 30–60 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 replenish losses from sweating

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

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

PREFER A SMOOTHIE?

Try one of these recipes:

Peanut Butter Banana Smoothie

Blend together:

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

WEEK 10 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	**16 x 1:1 fartlek** **7 miles** Warm-up: 2 miles easy-effort Main set: 16 × 1 minute hard effort, 1 minute very easy jog Cool-down: Run easy to finish 7 miles total	**Easy-effort run on soft surface** **3 miles**	**Easy-effort run** **5 miles**	**Flexible movement** 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 **Deload Workout A: Hips, Deload Workout B: Hips + Foot/Ankle Stability**						

Speed-run coaching cue: Let the second half of the workout be your strongest. Keep the pacing even and effort honest.
Long-run coaching cue: Take the pressure off. This run should feel like a gentle reset. Let your effort stay easy from start to finish.

Weekly Nutrition Tip:

EATING ON REST AND RECOVERY DAYS

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

Keep balanced, satisfying snacks on hand at home, in the office or in your purse for when the hunger hits. Here are some ideas:

- Trail mix with dried fruit and nuts
- Whole-grain crackers + sliced cheese
- Sliced apples + nut butter
- Greek yogurt + blueberries + granola
- Shelf-stable dairy milk + protein balls

Did you know?

Real dairy milk is a complete protein, whereas most plant-based alternatives are incomplete, meaning they are missing some of the essential amino acids, or building blocks, our bodies need.

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 better sleep.

Sleepy Time Golden Dairy Milk

Ingredients

- 1 cup dairy milk (or lactose-free dairy 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 dairy 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 11 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY HIGH	SUNDAY LOW
Running	**Rest**	**Easy-effort run** **7 miles** + 4–6 x 15–20-second strides at the end of your run with walk recovery between	**Marathon pace workout** **10 miles** Warm-up: 2 miles easy Main set: 6 miles at goal marathon pace Cool-down: 2 miles easy 10 total miles	**Easy-effort run on soft surface** **4 miles**	**Easy-effort run** **6 miles**	**Flexible movement** Optional: walk, light run, (4 miles suggested), cross-train OR rest	**Long run** **20 miles**	**Long run** **19 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Block 3: Total Body Anterior, Block 3: Total Body Posterior**							

Speed-run coaching cue: This is your marathon pace dress rehearsal. Stay relaxed and focused.
Long-run coaching cue: Think of this as a race day dress rehearsal. Focus on staying smooth when the miles add up.

Weekly Nutrition Tip:

PRACTICE CARB LOADING

Did you know carbohydrate loading can improve your performance by 2%–3%? For a five-hour marathon, that would take six to nine minutes off your time!

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

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.

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, dairy milk or electrolyte drinks throughout the day.

Bonus tip: Make chocolate dairy milk a part of your carb load. It delivers hydration, fast-digesting carbs, protein and electrolytes, making it a great all-in-one addition.

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 dairy 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 chocolate dairy milk
Afternoon snack	Fruit & dairy milk smoothie with 1 cup frozen fruit + 1 cup dairy 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 chocolate dairy milk
Bedtime snack	1 large soft pretzel + handful of almonds Optional: Add in 4–6 oz chocolate dairy milk to top of glycogen stores before bed.

WEEK 12 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	**30-minute tempo** **8 miles** Warm-up: 3 miles easy effort Main set: 30 minutes at tempo effort (Comfortably hard. You can talk, but wouldn't want to.) Cool-down: Easy running to complete 8 miles total	**Easy-effort run on soft surface 3 miles**	**Easy-effort run** **5 miles**	**Flexible movement** Optional: walk, light run, (4 miles suggested), cross-train OR rest	**Long run** **14 miles** Optional fast finish long run Start this run at your easy-effort, relaxed and conversational. Settle into a steady rhythm through the middle miles. In the final 1-3 miles, gradually shift gears until you're running at or just below goal marathon pace. The goal is to finish strong, not depleted.
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**						

Speed-run coaching cue: Lock into discomfort, not distress. You should feel strong and in control at the end.
Long-run coaching cue: This run teaches you how to close with control. Trust your early pacing, then let your training take over at the end.

Weekly Nutrition Tip:

EASY LUNCH IDEAS FOR A BUSY SCHEDULE

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

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

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

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

Pro tip

Boost your midday nutrition with dairy milk. Stir it into soups, blend into smoothies or mix it with cream cheese or yogurt for creamy dips and sauces. It's a simple way to add high-quality protein, calcium and vitamin D to support muscle recovery and bone health—which is especially important during peak training weeks.

Creamy Spinach and Mushroom Quesadillas: Sauté sliced mushrooms and spinach until wilted. Combine cream cheese and dairy 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.

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 13 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **6 miles** + 4–6 x 15–20-second strides at the end of your run with walk recovery between	**Marathon pace workout** **10 miles** Warm-up: 1 mile easy Main set: 8 miles at goal marathon pace Cool-down: 2 miles easy 10 total miles	**Easy-effort run on soft surface** **5 miles**	**Easy-effort run** **6 miles**	**Flexible movement** Optional: walk, light run, (4 miles suggested), cross-train OR rest	**Long run** **20 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Block 3: Total Body Anterior, Block 3: Total Body Posterior**						

Speed-run coaching cue: Think of this as a marathon preview. Settle in early and hold.
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:

FUELING DURING PEAK WEEK

- This week, do a test run and practice what you'll eat the night before and morning of your race. Keep in mind what foods will be available to you as you travel, and on race day.
- Practice your race day fueling and hydration plan. Plan to take a gel every 30 minutes and bring your carb-electrolyte beverage with you to drink along the way. Wear your race day outfit to make sure everything feels good and fits well.
- 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 vitamin A and D, protein, zinc and selenium that support a healthy immune system.
- Replace water with white or chocolate dairy milk in your smoothies. Prepare overnight oats, chia pudding for breakfast
  or snack—or plan to prepare one of these easy meals:

Easy Meals

- 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.
- Cooked quinoa + black beans + corn + diced avocado + salsa + a squeeze of lime
- Stir-fried tofu, shrimp, chicken or other protein + vegetables (broccoli, carrots, sugar peas) + cooked rice or noodles

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.

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 two to four 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).

TIP FROM

DEENA KASTOR

Bronze medalist and eight-time XC National Champion.

Dairy milk offers a perfect balance of carbohydrates and protein for a post-run recovery shake. I enjoy whole, pasture-raised dairy milk, blended with dates, ice and cinnamon, or dairy milk blended with frozen bananas, frozen dark cherries, maple syrup and a handful of spinach. These smoothies are a great way to get in essential nutrition within 30 minutes after running.

WEEK 14 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	**14–16 x 1:1 fartlek** **7 miles** Warm-up: 2 miles easy effort Main set: 14–16 × 1 minute hard effort, 1 minute very easy jog Cool-down: Run easy to complete 7 miles total	**Easy-effort run on soft surface** **5 miles**	**Easy-effort run** **5 miles**	**Flexible movement** Optional: walk, light run, (4 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 **Block 3: Total Body Anterior, Block 3: Total Body Posterior** but optional. One to two 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.						

Speed-run coaching cue: Coming off peak mileage, this is about maintaining rhythm, not maxing out. Start with 14 reps. If your legs feel good, build to 16.
Long-run coaching cue: This run is here to support your taper. Resist the urge to push.

Weekly Nutrition Tip:

ADD IN NUTRIENT-RICH FOODS

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

- Add roasted beets to grain bowls.
- 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 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.
- 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 dairy milk's 13 essential nutrients. 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 in your diet, so is an important part of your training table. Plant-based milk alternatives are not nutritionally equivalent.
- Keep your pantry, fridge and freezer stocked with easy-to-prepare foods such as frozen meatballs, grilled chicken, meat patties, canned tuna and salmon, frozen fruits and vegetables, microwavable rice and grain pouches, pancake mix and frozen waffles.

Safety tip

Run easy…actually easy
Easy effort should feel conversational and sustainable. If you finish your runs out of breath or counting down minutes, slow down.

WEEK 15 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	**4-5 x 5 tempo intervals** **6 miles** Warm-up: 2 miles easy Main Set: 5 × 5 minutes at 10–15 sec faster than tempo pace, 3 min jog between Cool-down: Easy running to complete 6 miles total	**Easy-effort run on soft surface** **4 miles**	**Easy-effort run** **4 miles**	**Flexible movement** Optional: walk, light run, (2 miles suggested), cross-train OR rest	**Long run** **8 miles**	**Long run** **8 miles**
Strength	No strength (or gentle mobility if desired). Emphasize rest and circulation this week.							

Speed-run coaching cue: Maintain control through every rep. Consistency > pace. You can cut to four reps if you're feeling any fatigue this week. One strong, controlled session is enough to carry rhythm into race day.
Long-run coaching cue: Shake off pressure. This is your last rehearsal. Let it flow!

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. Eat if you are hungry and be consistent with eating three balanced meals and two snacks throughout the day following the Moderate Training Performance Plate. Naturally your appetite will adjust, so don't overthink it.

- 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.
- Make sure you have all the energy gels, chews, carbs and fluids you need to fuel with on the race course. If needed, stop by your local running store or place an online order so it's delivered on time.
- Include nutrient-rich foods like dairy milk with meals or snacks to support your energy needs, stay hydrated and get key nutrients like calcium and potassium.

TRAVEL PREP TIPS

DEENA KASTOR

Bronze medalist and eight-time XC National Champion.

1. Pack your racing kit and essentials first!
2. Have a rough itinerary of how you'll spend your days, making sure you are not on your feet too much two days before race day.
3. It may seem early to think "post-race," but have something to look forward to after race day. A vacation, another goal or a local event you're attending can help with post-race spirits.

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	**Optional tune-up workout** **3 miles** 1 mile easy 3 × 90 seconds at marathon pace, 90 seconds jog between Easy to finish 3 miles total	**Easy-effort run on road** **3 miles**	**Rest**	**Flexible movement** 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.						

Speed-run coaching cue: This is for sharpening, not a test. Focus on control and be calm.

Weekly Nutrition Tip:

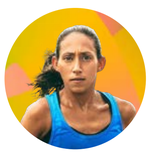
PLAN AHEAD FOR RACE DAY!

- 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.
- Don't forget to pack your race kit on your carry-on luggage if flying by airplane. This includes your running shoes, race day outfit, gels, chews or fuel for the race course, water bottle/ hydration vest, running watch and charger.
- Start carb loading three days before your race. If the race is on Sunday, you'll start carb loading on Thursday. This gives you enough time to fully stock your glycogen stores and help prevent you from hitting the wall on race day.
- You may be traveling during your carb load. Bring plenty of portable, simple carbohydrates with you—like pretzels, bananas, dried fruit, fruit snacks, animal crackers, low-fiber cereal and chocolate dairy milk. Prioritize drinking plenty of water and fluids throughout your carb load.
- The day before your race, consider eating lunch as the biggest meal or eat an early dinner. This will allow you to digest all the food well before the race starts and prevent feeling too heavy on race day morning.
- The Wellness Fair & Expo is going to be so fun! 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 dairy 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.

Pro tip

As you dial back mileage this week, prioritize recovery just as much as you did during peak training. Chocolate dairy milk checks all the boxes for post-run recovery with quick-digesting carbs to restore glycogen, fluids and electrolytes to rehydrate, and high-quality protein to support muscle repair—all in one tasty drink.

THREE RACE DAY MENTAL PREP TIPS



DES LINDEN

Two-time Olympian and Boston Marathon winner.

1. Look back at your training. Can you believe how far you've come?
2. Remember your "why." Think about the reasons you signed up in the first place, and know that when things get challenging, you have a strong "WHY" for being out there.
3. Relax. This whole thing is supposed to be fun. Will it be hard? Sure. But it's also going to be a fun and rewarding experience—don't forget that.

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