EVERY WOMAN'S MARATHON™

POWERED BY TEAM MILK

INTERMEDIATE MARATHON TRAINING GUIDE

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

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

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



YOUR JOURNEY AT A GLANCE

12-WEEK INTERMEDIATE BASE PLAN

Part 1 of 2

Start Here

16-WEEK INTERMEDIATE 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 INTERMEDIATE MARATHON GUIDE!

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

This guide is a great fit if you can comfortably run 11 miles and are running around 26–28 miles per week.

It's for runners who are ready to train a little more intentionally. You want a progressive build toward race day with balanced mileage, strength support and clear stepback weeks. You've got the experience, now you're looking to improve!

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

Meet your Training Experts:



Alysha Flynn

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



Kristy Baumann

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

FUELING



Everyday meals lay the foundation for fueling your runs

YOUR GUIDE TO USING PERFORMANCE PLATES

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

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

Performance plates are divided into three components:

Starches/grains

Found in whole grains like brown rice, quinoa, oats and farro; legumes and beans like lentils, black beans and chickpeas; and root vegetables like sweet potatoes, beets and carrots, starches and grains provide carbohydrates that are your body's preferred source of energy during endurance activities like running.

Protein

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

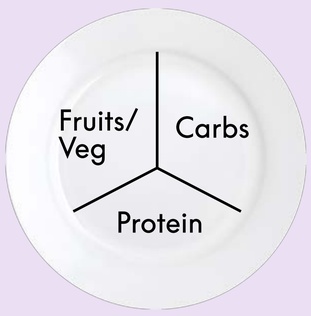
Proper **hydration** helps to maintain fluid balance, regulate body temperature and support performance and recovery. Managing hydration is more than just making sure you get enough to drink during and immediately after your runs. Make sure you're drinking throughout the day—aim to get 8–10 cups of water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

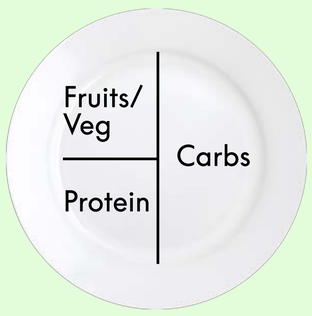
Weeks 1-8, 10, 12, 14-15

Moderate Training Plate



Weeks 9, 11, 13, 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.

INTERMEDIATE 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**	**Recovery run** on soft surface	**Rest**	**Flexible movement 20–30 minutes** Optional: walk, light run, cross-train OR rest	**Long run**	**Long run**	
1	Rest	4 mi + strides	6 mi Surges*	3 mi	Rest	3 mi or rest day	11 mi	11 mi	☐
2	Rest	4 mi + strides	7 mi Progression*	3.5 mi	Rest	3 mi or rest day	11.5 mi	11.5 mi	☐
3	Rest	4.5 mi + strides	7.5 mi Hills*	4 mi	Rest	3 mi or rest day	12 mi	12 mi	☐
4	Rest	4 mi + strides	6 mi Cutdown*	3 mi	Rest	3 mi or rest day	8 mi	8 mi	☐
5	Rest	5 mi + strides	7.5 mi Fartlek*	4 mi	Rest	3 mi or rest day	13 mi	13 mi	☐
6	Rest	5 mi + strides	8 mi Tempo intervals*	4.5 mi	Rest	3.5 mi or rest day	14 mi	14 mi	☐
7	Rest	5 mi + strides	9 mi Hill repeats*	4.5 mi	Rest	3.5 mi or rest day	15 mi	15 mi	☐
8	Rest	4 mi + strides	7.5 mi Tempo intervals*	3.5 mi	Rest	3 mi or rest day	12 mi	12 mi	☐
9	Rest	5 mi + strides	10 mi Progression run*	4.5 mi	Rest	3.5 mi or rest day	17 mi	16 mi	☐
10	Rest	4 mi + strides	8 mi Goal pace workout*	4 mi	Rest	3 mi or rest day	14 mi	14 mi	☐
11	Rest	5.5 mi + strides	9 mi Tempo intervals*	5 mi	Rest	3.5 mi or rest day	19 mi	18 mi	☐
12	Rest	4 mi + strides	7.5 mi Goal pace workout*	4 mi	Rest	3 mi or rest day	16 mi	16 mi	☐
13	Rest	6 mi + strides	9 mi Surges*	5 mi	Rest	3 mi or rest day	20 mi	19 mi	☐
14	Rest	5 mi + strides	7 mi Fartlek*	4 mi	Rest	2.5 mi or rest day	14 mi	12 mi	☐
15	Rest	4 mi + strides	6 mi Hill repeats*	3 mi	Rest	2 mi or rest day	10 mi	8 mi	☐
16	Rest	4 mi + strides	3 mi Easy run*	2 mi	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

Walk-run

A pacing strategy where you mix running and walking at planned intervals to manage effort, prevent fatigue and move efficiently through your run.

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.

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.

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.

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.

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.

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.

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." 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. 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.

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.

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.

Tempo intervals - intermediate

Segments of sustained running at a “comfortably hard” pace, usually broken into sets like 2 x 8 minutes. The effort should feel challenging, but controlled. You can talk, but wouldn’t want to. These build stamina and efficiency.

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.

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.

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.

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.

Strong-effort run

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

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.)

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.

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)

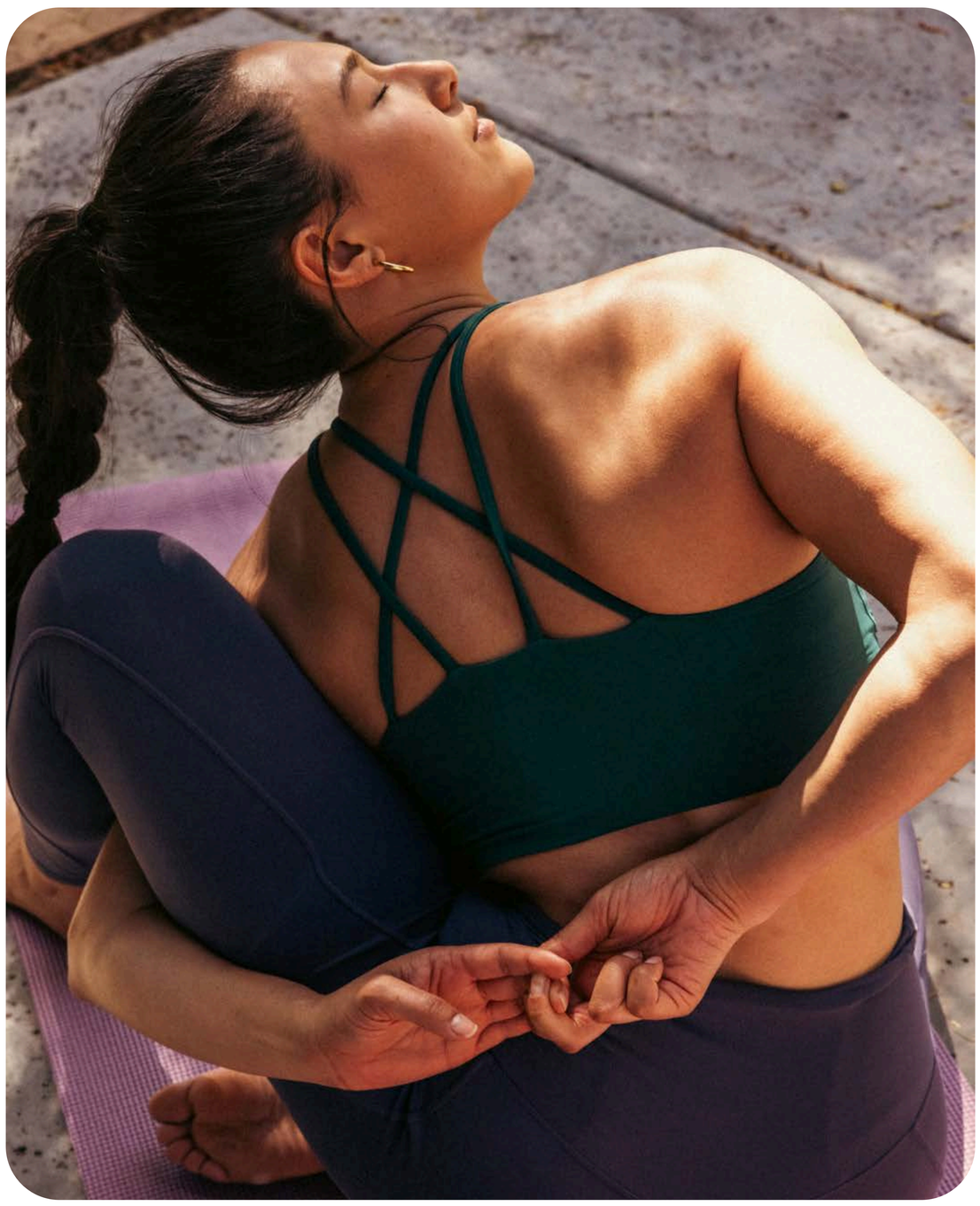
A short series of gentle movements and stretches after running to promote circulation, support recovery and help muscles relax.

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.



TIP FROM



KATHRINE SWITZER

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

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

STRENGTH TRAINING



This strength program was created to support your running, not compete with it. You'll move through 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

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

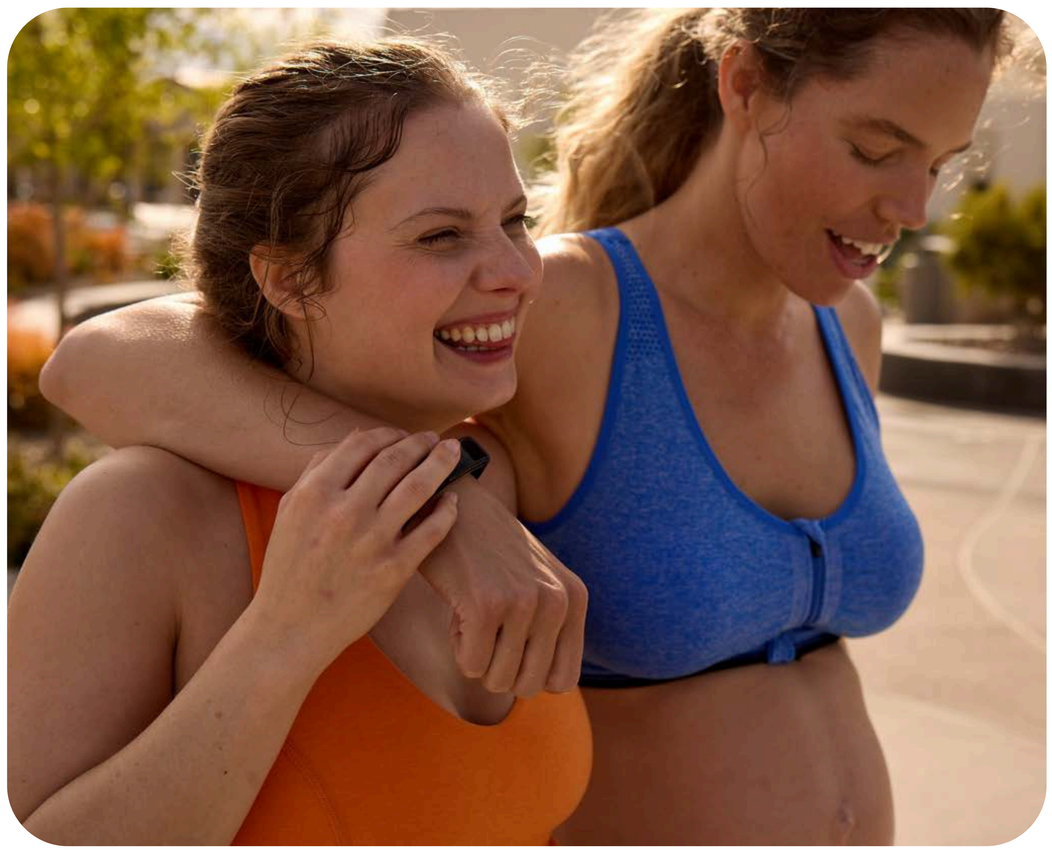
How to know you chose the right option:

- 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.

Flexible movement day modifications

If your flexible movement day has miles assigned and you choose to bike, walk or cross-train instead, simply match the duration it would take you to run that distance.

For example:
If you're replacing a 2-mile run, bike or walk for the amount of time it would take you to run 2 miles at your easy pace. The goal is gentle movement that supports recovery and consistency.



INTERMEDIATE 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** **4 miles** + 4–6 x 15–20-second strides at the end of your run with walk recovery between	**6-mile run, surges** Warm-up: 1–2 miles easy During the second half of your run, include 4–6 × 30-second surges at a fast but controlled pace. No recovery, just return to easy-effort between. Cool-down: Run easy to finish 6 miles total.	**Recovery run on soft surface** **3 miles**	**Rest**	**Flexible movement** Optional: walk, light run, (3 miles suggested), cross-train OR rest	**Long run** **11 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Total Body Anterior - Block 2, Total Body Posterior - Block 2**						

Speed-run coaching cue: Surges should feel like a shift in gears, not a sprint.
Long-run coaching cue: Each long run builds on the last. Keep your effort steady and let the work compound.

Weekly Nutrition Tip:

SUPPORT BONE HEALTH AND PREVENT INJURY

As you continue to build mileage and running intensity ramps up, so does the impact on your bones and joints. Female runners are especially at risk for low bone density if energy or calcium needs fall short. That's why it's important to fuel with the right nutrients to help prevent overuse injuries, like stress fractures and tendonitis. Prioritize eating foods that support strong bones and overall musculoskeletal health.

Here's how to support bone health this week:

- Add dairy milk daily. It's the #1 source of calcium and vitamin D, and it also boosts energy, endurance and strength.
- You don't need to drink a glass of dairy milk to get the benefits. Try adding dairy milk to smoothies, overnight oats, oatmeal, lattes, soups or sauces.
- Fuel consistently. Low energy availability (not eating enough to support your training) increases injury risk. Don't skip meals or snacks!
- Try one of these recipes to support bone health:
  - Chai Quinoa Protein Breakfast Bowl | GonnaNeedMilk
  - PB&J Smoothie
  - Chicken Alfredo | GonnaNeedMilk
  - Slow Cooker Chicken, Quinoa & White Bean Chili | GonnaNeedMilk

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."

CHAI QUINOA PROTEIN BREAKFAST BOWL

Ingredients

- 1 cup pre-rinsed uncooked quinoa
- 2 cups dairy milk
- 1 egg white
- 1 ½ tbsp brown sugar
- ¼ tsp pure vanilla extract
- ¼ tsp ground cardamom
- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp nutmeg
- 2 dashes ground cloves
- Shredded or flaked coconut for garnish (optional)
- Almond slivers for garnish (optional)

Pair each serving with:

- 8 oz glass of dairy milk

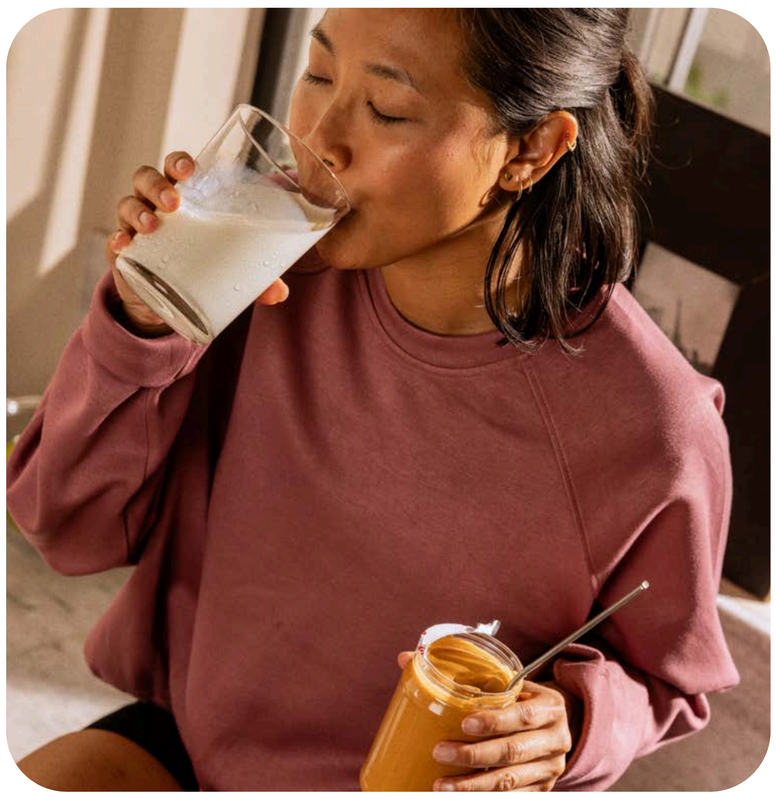
CHAI QUINOA PROTEIN BREAKFAST BOWL

PB&J SMOOTHIE

Ingredients

- 2 tbsp strawberry preserves
- 2 tbsp chunky peanut butter
- ½ cup ice cubes
- 1 banana
- 1 cup dairy milk

PB&J SMOOTHIE



CHICKEN ALFREDO

Ingredients

- 1 pound chicken breast cutlets
- ½ tsp salt
- ⅛ tsp ground black pepper
- ½ pound linguine pasta
- 4 cups broccoli
- 1 ½ tsp canola oil
- 1 ½ tsp salted butter
- 1 ½ tsp minced garlic
- 3 tbsp all purpose flour
- 2 cups dairy milk, 2% fat
- ¼ cup Parmesan cheese
- 3 tbsp nutritional yeast

CHICKEN ALFREDO

SLOW COOKER CHICKEN, QUINOA & WHITE BEAN CHILI

Ingredients

- 1 pound uncooked boneless, skinless chicken breast
- ¾ cup uncooked quinoa
- 2 cups chicken broth
- 1 ½ cups dairy milk
- 3 cups (24 oz) mild jarred salsa verde (or mild salsa of choice)
- 2 cloves garlic, minced
- 1 medium yellow onion, diced
- 2 bell peppers, diced
- 2 cups frozen corn
- 1 tbsp cumin
- 30 oz white beans (Cannellini, Great Northern, etc.), drained and rinsed
- Fresh chopped cilantro (optional)
- Sliced green onion (optional)
- Shredded cheese (optional)
- Sour cream (optional)
- Avocado (optional)
- Tortilla chips (optional)

SLOW COOKER CHICKEN, QUINOA & WHITE BEAN CHILI



WEEK 2 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	**7-mile run, progression** Warm-up: 2 miles Gradually increase effort across the run (start easy, finish moderate-to-strong).	**Easy-effort run on soft surface** **3.5 miles**	**Rest**	**Flexible movement** Optional: walk, light run, (3 miles suggested), cross-train OR rest	**Long run** **11.5 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Total Body Anterior - Block 2, Total Body Posterior - Block 2**						

Speed-run coaching cue: You should finish feeling strong.
Long-run coaching cue: Focus on posture and relaxed arms today. Small shifts add up.

Weekly Nutrition Tip:

PRE LONG-RUN BREAKFAST

Before a long run (usually 60+ minutes), you'll want to eat more carbohydrates than your usual mid-week pre-run snack. Aim to eat 50–90+ grams of carbs in your pre long- run meal. You may also wish to add a little fat and/or protein to help with satiety—dairy milk is great for this and adds high-quality protein and key nutrients. Since this is a bigger meal, allow 45–60 minutes (or more) to digest the food before starting your run.

Pre-run meal ideas:

- 1 smoothie made from 1 cup frozen mixed berries, 1 cup dairy milk, 1 tsp vanilla extract, 2 tsp honey
- 1 bagel topped with peanut butter and banana
- 1 cup cooked oatmeal with dairy milk, 1 tbsp brown sugar, 2 tbsp raisins
- 2 slices toast and 2 tbsp honey or jelly
- 4 whole graham cracker sheets and 1 cup dairy milk or banana

Bonus tip: Add a dairy milk latte to any of these meals for an added boost of carbs, protein and hydration 30 minutes before your run!

Pro tip: Practice your pre-run breakfast during training to see what works best for your stomach. Then you'll know what works for race day.

Safety tip

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

Long-run mindset (when the miles add up)

Think of your long run in chapters. First third = easy and patient. Middle = steady. Last = strong and proud.

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

WEEK 3 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **4.5 miles** + 4–6 x 15–20-second strides at the end of your run with walk recovery between	**7.5-mile run, hills** Warm-up: 2 miles 1.5–2 miles easy + optional 2–4 x 15-second strides 6 × 60–90-second hill at strong effort. Jog or walk back for recovery. Cool-down: Easy run to finish 7.5 miles total.	**Easy-effort run on soft surface** **4 miles**	**Rest**	**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 **Total Body Anterior - Block 2, Total Body Posterior - Block 2**						

Speed-run coaching cue: Pick a hill where you can maintain good form.
Long-run coaching cue: This is a training run, not a performance run. Keep it honest, not heroic.

Weekly Nutrition Tip:

FUELING WHEN YOU'RE TRAVELING

Traveling for work or summer vacation? It can make it harder to stick to your usual routine—but with a little planning, you can still fuel well and feel great on your runs.

1. Pack the essentials:
Don't plan on your destination having everything you need. Pack a few of your favorite go-to fuel options for your pre-run, mid-run and post-run.

- **Pre-run:** Energy bars, dried fruit, graham crackers or instant-oatmeal packets.
- **During:** Bring a few gels or chews you've trained with, and grab electrolyte tablets to add to your water bottle or hydration vest.
- **Post-run:** Shelf-stable chocolate dairy milk makes a great portable recovery option.

2. Stop in a local grocery store:
When you arrive, stop in a grocery or convenience store to grab some fresh items you might not have packed—like bananas, yogurt, dairy milk or even a rotisserie chicken for easy meals.

3. Flexible doesn't mean forgetting nutrition:
Vacation meals may look different, but aim to keep a balance of carbs, protein and fat. Start your day with a solid breakfast, and don't skip meals.

4. Hydration matters more than ever:
Long drives, air travel and summer heat can all lead to dehydration. Take chocolate dairy milk with you—research shows that it helps rehydrate you better than water or commercial recovery drinks.

Remember: You don't need to follow a perfect routine to feel good on your runs. Do your best to fuel consistently, stay hydrated and enjoy the change of scenery—your training will thank you!

Speed workout mindset (pushing without panic)

- One rep at a time. Don't think about the next one until you're recovering from this one.
- Win the recoveries. How you breathe and reset between reps matters as much as the reps themselves.

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	**6-mile run, cutdown** Mile 1–2: Easy-effort warm-up Mile 2–4: Moderate-effort (steady, slightly faster than easy) Mile 4–5: Strong-effort (comfortably hard, controlled push) Mile 6: Easy cool-down to finish	**Easy-effort run on soft surface** **3 miles**	**Rest**	**Flexible movement** Optional: walk, light run, (3 miles suggested), cross-train OR rest	**Long run** **8 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Deload Workout A: Hips, Deload Workout B: Hips + Foot/Ankle Stability**						

Speed-run coaching cue: Start relaxed—the shifts should feel smooth, not forced.
Long-run coaching cue: Use this down-week to reset your head and body. Keep fueling.

Weekly Nutrition Tip:

TRAINING YOUR STOMACH ON LONG RUNS

Start testing a few fueling options—like energy gels, chews or carb snacks—to find what feels good on your stomach. Once you've figured out what works, it's time to increase the amount and how often you take it during long runs. The goal is to fuel your body before it runs out of energy.

Step 1: Increase the frequency
Take a full energy gel (or 30 grams of carbs) every 35–40 minutes during your long run, starting within the first hour. Try pairing it with a carb-electrolyte drink as tolerated.

Step 2: Work towards 50–60 grams of carbs per hour
The goal is to get to 50–60 grams of carbs per hour, typically by taking one gel every 30 minutes. Combine that with a carb-electrolyte beverage to help meet your carb, fluid and sodium needs.

Pro tip: You don't necessarily have to use a carb-electrolyte drink—drinking water alongside taking gels or chews is totally fine. But think about how you're replacing your electrolytes, especially sodium, which is the main electrolyte lost through sweat.

Many energy gels, chews or carb-snacks are low in sodium, so you may need to supplement with a source of sodium—like salt tabs, electrolyte powders or salty snacks—to meet your needs during long runs.

Bonus tips

- Start testing your race day gear now: shorts with pockets, hydration belts or vests, etc.
- After your long run, don't forget to refuel: A glass of chocolate dairy milk (or lactose-free dairy milk) contains the right balance of carbs and protein scientifically proven to help refuel exhausted muscles.

The logistics of carrying 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 get creative.



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.

EXPERT'S TIP



Alysha Flynn

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



Safety tip

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

WEEK 5 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	**7.5-mile run, fartlek** Warm-up: 1.5–2 miles easy 6 × 2 minutes strong effort, 2 minutes easy jog Cool-down: Easy to complete the total mileage of 7.5	**Easy-effort run on soft surface** **4 miles**	**Rest**	**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 **Total Body Anterior - Block 3, Total Body Posterior - Block 3**						

Speed-run coaching cue: Run by effort. You're training endurance, not top speed.
Long-run coaching cue: Let this run remind you of how far you've already come.

Weekly Nutrition Tip:

POST-RUN RECOVERY SMOOTHIES

Some runners struggle to eat right after a long run or tough workout, especially in hot weather. In addition to chocolate dairy milk, smoothies with dairy milk can be another great option. They are quick to make, easy to drink and packed with nutrients your body needs to recover.

Your ideal recovery smoothie includes:

- **Dairy milk** (or lactose-free dairy milk) for protein, carbs, fluids and electrolytes
- **Fruit** for quick carbs and antioxidants
- **Greek yogurt and/or nut butter** for extra protein or healthy fats

Try one of these recipes, or mix and match ingredients to find your favorite combo!

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 (optional boost!)

STRAWBERRY RECOVERY SMOOTHIE

Blend together:

- 1 cup dairy milk
- 1 cup frozen strawberries
- ½ cup Greek yogurt
- Drizzle of honey to taste

Pro tip: Pre-portion ingredients into a freezer bag ahead of time. Then after your run, you can just dump everything into a blender, add dairy milk, blend and enjoy! Make recovery easy and something you look forward to!

WEEK 6 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	**8-mile run, tempo intervals** Warm-up: 1.5–2 miles easy + optional 2–4 x 15-second strides 2 × 8 minutes at tempo effort with 3 minutes easy jog between Cool-down: Run easy to finish 8 total miles	**Easy-effort run on soft surface** **4.5 miles**	**Rest**	**Flexible movement** Optional: walk, light run, (3.5 miles suggested), cross-train OR rest	**Long run** **14 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Total Body Anterior - Block 3, Total Body Posterior - Block 3**						

Speed-run coaching cue: Tempo should feel “comfortably hard." You can talk, but wouldn’t want to.
Long-run coaching cue: Start slower than you want to. Let your strength surprise you later.

Weekly Nutrition Tip:

SATISFYING SNACKS

Snacking throughout the day helps keep your energy levels steady, prevents you from getting super hungry and can reduce the chances of overeating later in the day. During marathon training your body needs more fuel, and snacks are a simple way to meet those needs.

Keep nutritious, portable snacks in your purse, car or workplace so you're prepared when hunger hits. A little planning goes a long way in helping you feel your best throughout the day.

Shelf-stable snack ideas

- Apple and individual nut butter packet
- Dried fruit and almonds
- Whole-grain crackers and tuna pouch
- Popcorn and turkey stick
- Individual oatmeal cups
- Roasted edamame
- Shelf-stable dairy milk

Have fridge access? Keep on hand:

- Greek yogurt or cottage cheese cups
- Drinkable yogurts or kefir
- String cheese
- Hard boiled eggs
- Hummus or guacamole with veggies or crackers

The power of dairy milk

Did you know?

Plant-based milks fall nutritionally short compared to dairy milk. Dairy milk naturally provides 13 essential nutrients, including:

- High-quality protein for muscle repair
- Calcium and vitamin D for strong bones
- B vitamins to support energy metabolism

Dairy milk is a nutrient-rich choice to support energy needs throughout your marathon training.



Cool down with DIY Popsicles

Try this super simple recipe for a refreshing post-run treat or midday snack.

DIY POPSICLES

Blend together:

- 1 cup dairy milk
- ½ cup yogurt
- 1–1 ½ cups fresh or frozen fruit (berries, banana, mango)

Pour into popsicle molds and freeze.



Safety tip

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

WEEK 7 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **5 miles** + 4–6 x 15–20-second strides at the end of your run with walk recovery between	**9-mile run, hill repeats** Warm-up: 1.5–2 miles easy 6–8 × 60–90-second uphill efforts, strong but controlled. Full recovery jog/walk down. Cool-down: Finish to 9 total miles	**Easy-effort run on soft surface** **4.5 miles**	**Rest**	**Flexible movement** Optional: walk, light run, (3.5 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 **Total Body Anterior - Block 3, Total Body Posterior - Block 3**						

Speed-run coaching cue: Drive with your arms and stay tall.
Long-run coaching cue: You're not here to hit a pace, you're here to hold an effort.

Weekly Nutrition Tip:

AVOID STOMACH PROBLEMS ON YOUR RUN

Stomach problems (also known as GI issues) can sneak up on even the most seasoned runners—especially during long runs or races. Nausea, cramping, bloating or urgent bathroom stops can feel frustrating. Luckily, with a few nutrition tweaks, you can help prevent them and keep your gut happy.



Here's how to minimize stomach upset and feel more confident on your runs:

1. Practice your fueling during training runs
The biggest mistake is trying something new on race day or taking in more fuel than what your body is used to.

Use your long runs to "train your gut" by practicing when, what and how much you will eat and drink.

2. Choose easily digestible carbs
High-fiber foods like beans, legumes, whole grains and vegetables are great for you, but just not right before a run.

- Prioritize low-fiber, low-fat and simple carbs within one to two hours before your run. Foods like toast with jam, banana, low-fiber cereal with dairy milk or graham crackers are a great option.
- Dairy milk is a great pre-run fuel option, if tolerated, because it offers fluids, carbs and protein. For sensitive stomachs, try lactose-free dairy milk. You get the same nutritional benefits as regular cow's milk.

3. Timing of your pre-run fuel

When you eat matters just as much as what you eat.

- If you are eating a larger meal, give yourself two- to three-hours to digest it before running.
- If you're short on time, eat a small, carb-based snack 30–60 minutes before a run—like pretzels, dried fruit, graham crackers or energy chews.

4. Be strategic with hydration

Drinking too much water too fast (or drinking very little) can trigger a sloshing stomach or cramps.

- Sip on small amounts consistently throughout your run
- Add electrolytes to your water to help your body absorb the fluids
- Hydrate post-run by sipping on chocolate dairy milk, which helps replace electrolytes and fluids, plus provides carbs and protein for recovery.





WEEK 8 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	**7.5-mile run, tempo intervals** Warm-up: 1.5–2 miles easy 3 × 6 minutes at tempo effort, 2 minutes jog between Cool-down: Finish 7.5 miles	**Easy-effort run on soft surface** **3.5 miles**	**Rest**	**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: Your effort should feel steady, not sprinty.
Long-run coaching cue: Stay relaxed. This is a reminder, not a test.

Weekly Nutrition Tip:

EATING ON REST AND RECOVERY DAYS

If you feel extra hungry the day after a long run, that's completely normal. Your body is working hard to repair muscle tissue, restore glycogen and reduce inflammation. Ignoring those hunger cues can actually slow down recovery—so make sure to honor them.

Focus on eating balanced, satisfying meals using the Moderate Performance Training Plate as your guide. You may find yourself eating more than usual and that's okay!

Make recovery day meals easy
Stock your pantry with convenient, nutrient-rich foods so you can throw together a balanced meal with little effort.

Stock your pantry, fridge and freezer with:

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

Plan ahead: Keep a few go-to meals in your rotation so eating well doesn't feel like another "to-do" during peak training weeks.

Pro tip: Sip on warm, golden dairy milk in the evening—made with dairy milk, turmeric, a pinch of black pepper, cinnamon, and honey—for 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 9 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	**10-mile run, progression** Warm-up: 1.5 miles Miles 1.5–5: Easy effort Miles 5–8: Moderate effort (steady, slightly quicker than easy) Miles 8–10: Strong effort (controlled push, not sprinting)	**Easy-effort run on soft surface** **4.5 miles**	**Rest**	**Flexible movement** Optional: walk, light run, (3.5 miles suggested), cross-train OR rest	**Long run** **17 miles**	**Long run** **16 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Total Body Anterior, Block 3: Total Body Posterior**							

Speed-run coaching cue: Keep it smooth, this is not a race.
Long-run coaching cue: Fuel early, hydrate often.

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. Let's make this work for you and your schedule! There are a million ways to get it right!



Weekly Nutrition Tip:

CREATE YOUR RACE DAY FUELING PLAN

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

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

WEEK 10 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **4 miles** + 4–6 x 15–20-second strides at the end of your run with walk recovery between	**8-mile run, goal pace workout** Warm-up: 2 miles 4 miles at your goal marathon pace Cool-down: 2 miles, finish	**Easy-effort run on soft surface** **4 miles**	**Rest**	**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 **Deload Workout A: Hips, Deload Workout B: Hips + Foot/Ankle Stability**						

Speed-run coaching cue: You should feel in control. If not, adjust your goal pace.
Long-run coaching cue: You're holding serious volume now. Keep the pacing chill.

Weekly Nutrition Tip:

EASY MEALS FOR PEAK WEEK

As race day approaches, this is not the time to spend all day in the kitchen cooking fancy meals. Your energy should be going toward fueling, recovery and rest.

Plan simple, satisfying meals that come together quickly and support your training. Here are some nutrient-packed, easy-to-prep ideas:

- Salmon + quick-cooking rice + pre-bagged side salad
- Baked feta pasta (recipe below)
- 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

Support your immune system with dairy milk

During peak training weeks, it's not unusual for your body to feel a little run down. Add dairy milk into your meals and snacks for an immune boost. Dairy milk provides:

- Vitamin A and D
- Protein
- Zinc
- Selenium

These nutrients help you stay strong and healthy when you need it the most.

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.

RECOVERY BOOST: MAKE A STRAWBERRY DAIRY MILK MOCKTAIL!

Need an afternoon pick-me-up? Try this simple, refreshing mocktail.

STRAWBERRY DAIRY MILK MOCKTAIL

Mix:

- 1 cup strawberry dairy milk
- Splash of sparkling water
- Ice cubes

Top with whipped cream and garnish with a few berries for a fun and hydrating treat.

Satisfy your sweet tooth
Enjoy your favorite desserts alongside balanced meals to satisfy cravings and support a positive, sustainable approach to healthy eating.

Try this comforting Rice Pudding made with dairy milk for a creamy, delicious post-run dessert. Customize with toppings like fresh fruit, nuts or cinnamon.

RICE PUDDING

Ingredients

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

Directions

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

CHOCOLATE WHIPPED CREAM

Ingredients

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

Directions

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

BAKED FETA PASTA

Ingredients

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

Directions

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

WEEK 11 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY HIGH	SUNDAY LOW
Running	**Rest**	**Easy-effort run** **5.5 miles** + 4–6 x 15–20-second strides at the end of your run with walk recovery between	**9-mile run, tempo intervals** Warm-up: 1.5–2 miles easy 3 × 8 minutes tempo, 3 minutes jog recovery Cool-down: Run easy to complete 9 total miles	**Easy-effort run on soft surface** **5 miles**	**Rest**	**Flexible movement** Optional: walk, light run, (3.5 miles suggested), cross-train OR rest	**Long run** **19 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: The last interval should feel tough, but manageable.
Long-run coaching cue: This is your "I can do hard things" run. It's long, but you're ready for it.

Weekly Nutrition Tip:

PRACTICE CARB LOADING

If you want to avoid "hitting the wall" on race day, one of the best strategies you can implement is a carb load. Carb loading is more than just a big pasta dinner the night before—it's a proven strategy to top off your body's fuel stores (glycogen), so you can finish a race feeling strong.

Carbohydrate loading is typically done two to three days before your race and involves intentionally eating a large amount of **simple**, **easy-to-digest carbohydrate foods** (not your high-fiber carbs like beans, lentils or whole grains). Practicing a one-day carb load before a long run can give you a chance to test it out and refine your personal carb loading plan before race day.

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

Why carb load?
Glycogen is your body's premium fuel for long-distance running. Carb loading helps to stock glycogen stores, which helps you delay fatigue, avoid "hitting the wall" and maintain your pace in later miles.

Practicing now helps you identify what foods and timing work best for your stomach, schedule and energy levels.

How to carb load:

- Aim to eat 80% of your total food from simple, easy-to-digest carbs (like rice, pasta, fruit, juice, bread, pretzels, candy and chocolate dairy milk).
- The remaining 20% can come from protein and fat to support muscle repair and satiety.
- Eat carbs throughout the day across all meals and snacks to avoid feeling overly full or bloated by bedtime.

This week's goal: Practice a one-day carb load
Choose the day before your long run and try this sample plan to simulate your race weekend strategy. Notice how your body feels and adjust as needed for the real thing.



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

Breakfast	Overnight oats • ⅔ cup rolled oats • 1 cup low-fat dairy milk (or lactose-free dairy milk) • ¼ cup dried fruit (raisins or cranberries) • 1 tbsp honey • 2 tbsp walnuts Tip: Prep the night before. In the morning, stir in honey and dried fruit for a no-effort, high-carb start.
Morning snack	• 1 cup sweetened applesauce • 1 string cheese
Lunch	• Turkey sub sandwich with 2 oz turkey + spinach + tomato • 1 serving pretzels • 1 rice krispie treat • 8 oz chocolate dairy milk or juice
Afternoon snack	Smoothie with 1 cup frozen fruit + 1 cup dairy milk + 1 tbsp honey
Dinner	• 1 large baked potato with plain Greek yogurt or sour cream • ½ cup roasted broccoli • 3 oz shredded chicken • 2 slices of bread • 8 oz chocolate dairy milk
Bedtime snack	• 1 large soft pretzel • Handful of almonds Optional: Add 4–6 oz of chocolate dairy milk before bed to top off glycogen stores.

Don’t forget to drink fluids!

During a carb load, your body retains more water as it stores glycogen. Stay ahead of hydration by sipping on water, juice, dairy milk or carb-electrolyte drinks.

Hydration tip:

Your scale might tick up a pound or two. That’s not weight gain, it’s glycogen and water storage doing their job.

Bonus tip:

Make chocolate dairy milk your secret weapon

This is why chocolate dairy milk is a great carb-loading food:

- Hydrates
- Provides fast-digesting carbs
- Has protein to support recovery
- Contains electrolytes

It’s a delicious, convenient way to sneak in extra fuel during your carb load.

WEEK 12 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running	**Rest**	**Easy-effort run** **4 miles** + 4–6 x 15–20-second strides at the end of your run with walk recovery between	**7.5-mile run, goal pace workout** Warm-up: 1 mile 6 miles at goal marathon pace Cool-down: 0.5 miles	**Easy-effort run on soft surface** **4 miles**	**Rest**	**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 **Deload Workout A: Hips, Deload Workout B: Hips + Foot/Ankle Stability**						

Speed-run coaching cue: This is about efficiency, not speed.
Long-run coaching cue: Use this to refine what went well and what needs adjusting from your last run.

Weekly Nutrition Tip:

EATING DURING LOW-MOTIVATION DAYS

We all have days when motivation dips—whether it's from a tough workout week, life stress or just feeling off. On those days, keeping nutrition simple and being consistent can make a big difference in energy and recovery.

Try these tips:

- Lean on convenient staples. Stock your pantry with nutrient-rich options like yogurt, fruit, trail mix, chocolate dairy milk or frozen meals with a balance of carbs and protein.
- Make a smoothie. If a full meal feels like too much, blend dairy milk or lactose-free dairy milk with a banana, peanut butter and oats for a simple, satisfying option.
- Batch meals ahead of time. When you have the time and motivation, prepare extra food to have on hand—like pasta, rice bowls or soups—to grab and go later.
- Grab pre-made meals. Look for nutritious, balanced meals in the refrigerated or frozen section of the grocery store where you can just assemble or pop them in the oven for a quick, hassle-free meal.

Give yourself grace. Nourishing your body—even in small ways—helps you bounce back and keep showing up.



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.

WEEK 13 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY HIGH	SUNDA 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	**9-mile run, surges** Warm-up: 1.5–2 miles easy During the middle or second half of your run, include 4–6 × 30-second surges at a fast but controlled pace. Return to easy effort between each. Cool-down: Run easy to finish to 9 miles	**Easy-effort run on soft surface** **5 miles**	**Rest**	**Flexible movement** Optional: walk, light run, (3 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: You've done these before, now use them to stay sharp, not spent.
Long-run coaching cue: Use this 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 REHEARSAL AND RACE SIMULATION

- As you approach your longest long run before race day, this is your chance to practice everything you've learned and implemented, especially when it comes to your fueling—from what you eat the night before to how often you take in carbs during your run.
- Use your long runs to test and refine your fueling plan so there are no surprises on race day.

Hydration tip

If you're a salty sweater or racing in hot conditions, prioritize fluids and electrolytes early and often.

Pro tip

Write out your full race day fueling plan in advance—including what time you'll eat breakfast, what you'll carry and when you'll fuel. The more familiar it feels in training, the more automatic it will be on race day.

	WHEN	WHAT	WRITE YOUR PLAN
Before your run	60–90 minutes before your run	Eat a carb-focused meal with a little protein and fat. The larger the meal, the more time you'll need to digest. Try: • Bagel + peanut butter + banana + honey • Oatmeal made with dairy milk + maple syrup • Rice with scrambled eggs + soy sauce • Drink 8–16 oz of fluids (add electrolytes if it's hot or if you're a heavy sweater)	What time will you fuel? What are you fueling with?
	20–30 minutes before your run	Top off your energy stores with a small, quick-digesting carb source. Try: • 1 energy gel or 4–5 chews • Small handful of gummy candy + a few sips of water	What time will you fuel? What are you fueling with?

	WHEN	WHAT	WRITE YOUR PLAN
During your run	Fuel every 30–45 minutes	Your goal is to get a minimum of 50–60 grams of carbs per hour and stay hydrated. Try: • 1 energy gel • 4–6 energy chews • 1 packet of jellybeans or dried fruit	How frequently will you fuel? What are you fueling with?
	Hydrate every 15–20 minutes	Aim for 8–20 oz of fluid per hour, depending on your sweat rate and weather. Use a carb-electrolyte drink if you're not getting all your carbs from gels/chews. Try: • 2–4 oz every 15 minutes • Carb-electrolyte drink • Adjust for heat/humidity or personal needs	How frequently will you hydrate? What are you hydrating with?

	WHEN	WHAT	WRITE YOUR PLAN
After your run	Within 30–60 minutes	Refuel with carbs, protein, fluids and electrolytes to kick-start recovery. Easy options: • Chocolate dairy milk • Smoothie with banana + nut butter + dairy milk	What time will you fuel? What are you fueling with?
	1–3 hours later	Eat a full recovery meal following the High Training Plate: Try: • Turkey sandwich + pita chips + hummus + kiwi + carrots • Chicken burrito bowl with rice, beans, salsa and avocado • Pasta with meat sauce + salad + bread	What time will you fuel? What are you fueling with?

WEEK 14 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY HIGH	SUNDAY LOW
Running	**Rest**	**Easy-effort run** **5 miles** + 4–6 x 15–20-second strides at the end of your run with walk recovery between	**7-mile run, fartlek** Warm-up: 1.5 miles easy 5 × 90-second pickups with 90 seconds easy jog Cool-down: Run easy to finish to 7 miles	**Easy-effort run on soft surface** **4 miles**	**Rest**	**Flexible movement** Optional: walk, light run, (2.5 miles suggested), cross-train OR rest	**Long run** **14 miles**	**Long run** **12 miles**
Strength	Choose any two non-consecutive days that work best for your schedule to complete **Deload Workout, Total Body Anterior (Block 3).** 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.							

Speed-run coaching cue: Strong, not strained. Stay smooth.
Long-run coaching cue: This run is here to support your taper. Resist the urge to push.

Weekly Nutrition Tip:

EATING DURING TAPER

Taper is all about reducing training stress and supporting recovery before race day. One way to help is focusing on adding in nutrient-dense foods to your meals and snacks. These foods help to reduce inflammation, keep your immune system healthy and make sure your body is ready to tackle 26.2 miles.

Easy ways to add in nutrient-rich foods:

- **Eat fruits and veggies:** Strawberries, kiwi, apples, blueberries and pears are an easy addition to any meal or snack. Add in vegetables like squash, zucchini, tomatoes, spinach and mushrooms.
- **Upgrade to dairy milk** in your 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, choose lactose-free dairy milk, which is real milk with all the same nutrients as dairy milk.
- **Choose whole grains.** Swap regular pasta for whole-wheat or lentil pasta to add more fiber and nutrients. Add cooked quinoa, farro or barley to a premade bagged salad for extra texture and a nutrient boost.

Safety tip

Train for the course and conditions
Our marathon has heat. Prepare for that in your long runs when possible—especially in the final six to eight weeks.



WEEK 15 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY HIGH	SUNDAY LOW
Running	**Rest**	**Easy-effort run** **4 miles** + 4–6 x 15–20-second strides at the end of your run with walk recovery between	**6-mile run, hill repeats** Warm-up: 1.5 miles easy Main set: 4–6 × 45–60-second efforts up a moderate hill, walk/jog down Cool-down: Easy running to wrap up	**Easy-effort run on soft surface** **3 miles**	**Rest**	**Flexible movement** Optional: walk, light run, (2 miles suggested), cross-train OR rest	**Long run** **10 miles**	**Long run** **8 miles**
Strength	No strength (or gentle mobility if desired). Emphasize rest and circulation this week.							

Speed-run coaching cue: Feel powerful throughout.
Long-run coaching cue: Shake off pressure. This is your last rehearsal. Let it flow!

Weekly Nutrition Tip:

ONE WEEK TO GO! FINALIZE YOUR NUTRITION PREP FOR RACE DAY

With one week to go, your mileage is down, but your body is still working hard to recover, repair and gear up for race day. Don't be surprised if your appetite is high or even increases this week. That's normal! Your body is topping off energy stores and responding to the reduced training stress.

Here's how to support your body and dial in your nutrition during this critical week:

Stay consistent with meals and snacks
Stick to your regular schedule of three balanced meals and one to two snacks each day using the Moderate Training Performance Plate as your guide. Include nutrient-rich foods like:

- Dairy milk with meals or snacks for high-quality protein, hydration and electrolytes like calcium and potassium
- Whole grains, fruits and veggies to support digestion, energy and micronutrients
- Lean proteins and healthy fats for recovery and satiety

Plan your race weekend fuel
Don't wait until you arrive to figure out your meals. Instead:

- Make restaurant reservations for Friday/Saturday
- Schedule a grocery delivery to your hotel or rental with familiar foods for carb loading
- Pack or prep your breakfast for race day morning so there are no surprises

Double-check your fueling supplies
Make sure you have everything you need for race day fueling.

- Gels, chews or other carbs
- Electrolyte drink mix
- Hydration vest/pack, belt or handheld bottles if carrying fluids
- Race belt or pockets to stash your fuel

Stock up early—don't wait until the expo
Order now or visit your local running store so there's no last-minute scramble.

Hydration check
Hydration isn't just important on race day. Stay on top of fluids all week long by:

- Sipping water or electrolyte drinks consistently
- Including beverages like dairy milk, juice or sports drinks to support hydration and carbs
- Don't overdrink, but aim for pale yellow urine as a general guide

Final tip: Trust the process
It's normal to feel a little nervous this week. Stick with familiar foods, keep your meals steady and trust your training and fueling plan. You're ready.



TRAVELING TIP FROM



DANIELLE MCLAUGHLIN

Adaptive athlete, former paratriathlon world champion and runner.

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

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

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



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	**3 mile run** **easy run** Just end the run when your body says, "That's good."	**Easy-effort run on soft surface** **2 miles**	**Rest**	**Flexible movement** Optional: walk, light run, (2 miles suggested), cross-train OR rest	**Long run** **26.2 miles**
Strength	No strength						

Speed-run coaching cue: You've done the work, now stay smooth and confident.
Long-run coaching cue: You've trained for this, now trust it, fuel it and finish it.

Weekly Nutrition Tip:

RACE WEEK CARB LOADING AND RACE MORNING TIPS

Early week prep:

- Plan and buy all the groceries you'll need for travel, carb loading and race day.
- Traveling on a carb load day? Pack portable, carb-friendly snacks such as pretzels, bananas, dried fruit, fruit snacks, animal crackers, low-fiber cereal and chocolate dairy milk. These options are easy to carry and will help you carb load even when your schedule is off.

> Pro tip
>
> Chocolate dairy milk is an easy protein source that's great for recovery after your run. Grab a single-serve bottle from any local grocery store if you're on the go!

Race kit check:

- If you're flying, don't forget to pack your race kit in your carry-on luggage. This includes your running shoes, race day outfit, gels/chews for the race course, hydration bottle/vest, running watch and charger.

Carb loading and Wellness Fair prep:

- Start carb loading three days before your race. For a Sunday race, you'll start carb loading on Thursday (or Wednesday for Saturday races). This gives your body time to store up glycogen, which is essential to avoid "hitting the wall" during your race.
- Don't forget to pack carb-heavy snacks for the expo and grab some chocolate dairy milk to support carb loading efforts.
- Stick to familiar, low-fiber foods—avoid anything new that might upset your stomach. Your body is used to what you've trained with, so keep it simple.

Race morning fueling:

- Don't skip breakfast. Have a carb-rich breakfast with a small amount of protein and a little fat. Examples: oatmeal with dairy milk, a banana with nut butter or a bagel with peanut butter and honey. You should aim to eat about two to three hours before the race starts to allow time for digestion.
- Stay hydrated, but don't overdo it. Aim for 8–16 oz of fluids one to two hours leading up to the race.

Final tips & mental preparation:

- Trust your training. You've put in the hard work, and now it's time to execute. Keep your mindset positive and stay focused on enjoying the race.
- Focus on your nutrition this week as much as you focused on your training. Keep your meals consistent, and prioritize rest and recovery as much as possible.
- Race day is about pacing and fueling. Follow the fueling plan you practiced during training. Stick to those gels, chews, carb-based snacks or electrolyte drinks that work for you, and fuel early and often.



RACE DAY MANTRAS



KATHRINE SWITZER

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

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

Pro tip

Just as much as training, prioritize recovery this week. Chocolate dairy milk is an easy and effective way to replenish glycogen, rehydrate fluids and rebuild muscles with protein—all in one delicious drink. Make it a part of your race week nutrition to maximize your energy.

Safety tip

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

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