



EVERY WOMAN'S MARATHON™

POWERED BY TEAM MILK

EXPERIENCED BASE PLAN

Training & Nutrition Guide

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

For competitive runners who are already comfortable running a half marathon, **love structure, and want to perform at their best.** You can expect to train five days a week, peaking at ~35 miles/week.



YOUR JOURNEY AT A GLANCE

Start Here

WEEKS 1-12

12-WEEK EXPERIENCED BASE PLAN

Part 1 of 2

Start your Experienced Base Plan at Week 1

WEEKS 13-28

16-WEEK EXPERIENCED MARATHON TRAINING PLAN

Part 2 of 2

Start your Marathon Training Plan at Week 13

RACE DAY

WELCOME TO YOUR 12-WEEK EXPERIENCED BASE PLAN!

This plan is for competitive runners who are already comfortable running a half marathon and are looking to build a strong foundation. The base phase will focus on extending endurance without overexertion. It's less about grinding and more about intentional running, gradually increasing frequency, and fine-tuning your fueling and hydration.

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

Here, we'll have you training hard, recovering smart and working up to a 12-mile long run. You'll train five days a week, incorporating strides, surges, hills and short tempos to develop strength and control. Each week, our expertly designed workouts and nutrition information will help:

- Gradually increase your weekly mileage without causing burnout.
- Increase resilience through strength and mobility training.
- Implement recovery strategies to keep consistent and strong.
- Focus on form and sustainability with speed sessions capped at 5-6 miles.
- Develop robust fueling and hydration plans for base phase and beyond.

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

Meet your Training Experts:



Alysha Flynn

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



Kristy Baumann

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

FUELING



FUEL YOUR TRAINING WITH PERFORMANCE PLATES

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

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

Performance plates are divided into three sections:

Starches/Grains

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

Protein

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

Fruits/Vegetables

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

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

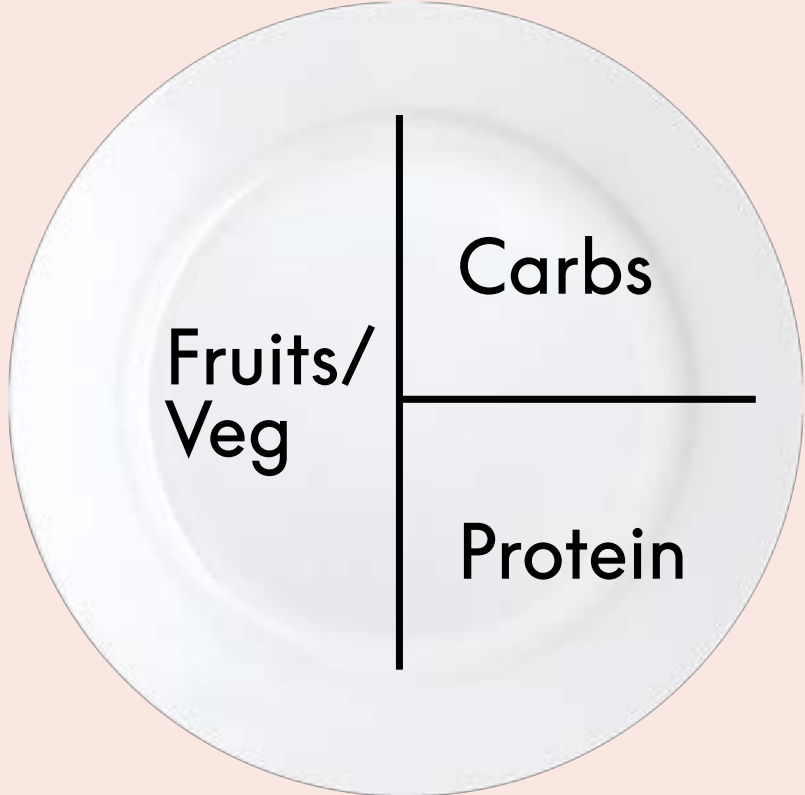
Incorporate **healthy fats** into your meals to support hormone balance, for sustained energy and to help meals taste more satisfying. Sources of healthy fats include avocados, nut butters, nuts, seeds, olive oil and fatty fish like salmon and mackerel.

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

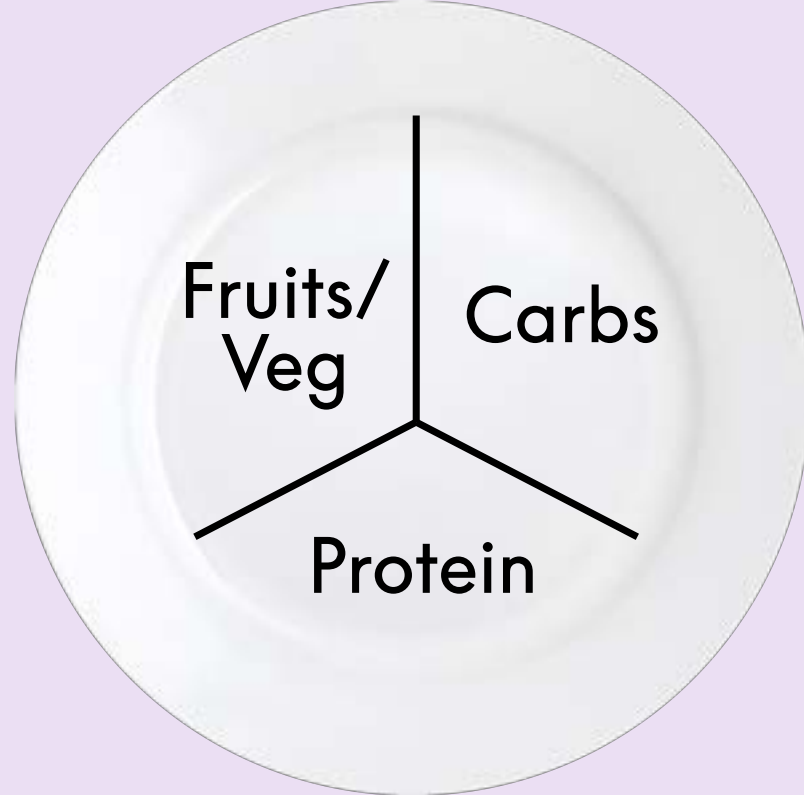
PERFORMANCE PLATES

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

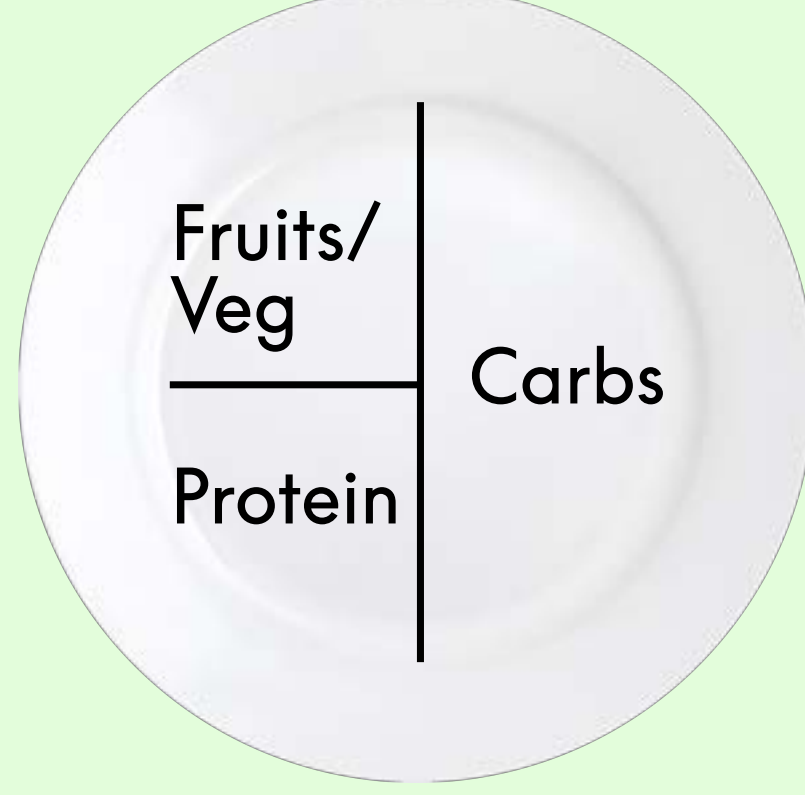
Low Training Plate



Moderate Training Plate

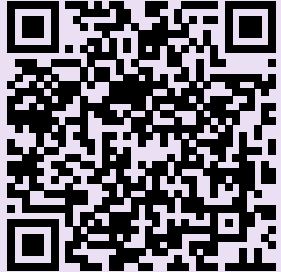


High Training Plate



BASE TRAINING: SAMPLE MEAL PLAN

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

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



Running mid-day?

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



Running in the evening?

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



Note from Expert

Alysha Flynn:

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

CALENDAR



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

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

WEEK	STRENGTH WORKOUTS	MON.	T UES.	WED.	THURS.	FRI.	SAT.	SUN.	TOTAL	COMPLETE
1	Strength Block 1	Rest	Easy-effort run* 5 miles	No speed workout 5 miles	Recovery run on soft surface 4 miles	Easy-effort run on soft surface 4 miles	Flexible movement** 2 miles	Long run 8 miles	28 miles	☐
2	Strength Block 1	Rest	Easy-effort run* 5 miles	Speed work 5 miles	Recovery run on soft surface 4 miles	Easy-effort run on soft surface 4 miles	Flexible movement** 2 miles	Long run 8.5 miles	28.5 miles	☐
3	Strength Block 1	Rest	Easy-effort run* 5 miles	Speed work 5 miles	Recovery run on soft surface 4 miles	Easy-effort run on soft surface 4 miles	Flexible movement** 2 miles	Long run 9 miles	29 miles	☐
4	Strength Deload	Rest	Easy-effort run* 3 miles	Speed work 5 miles	Recovery run on soft surface 3 miles	Easy-effort run on soft surface 3 miles	Flexible movement** 2 miles	Long run 8 miles	24 miles	☐
5	Strength Block 1	Rest	Easy-effort run* 5 miles	Speed work 5 miles	Recovery run on soft surface 4 miles	Easy-effort run on soft surface 4 miles	Flexible movement** 3 miles	Long run 9.5 miles	30.5 miles	☐
6	Strength Block 1	Rest	Easy-effort run* 5 miles	Speed work 5 miles	Recovery run on soft surface 4 miles	Easy-effort run on soft surface 4 miles	Flexible movement** 3 miles	Long run 10 miles	31 miles	☐
7	Strength Block 1	Rest	Easy-effort run* 5 miles	Speed work 5 miles	Recovery run on soft surface 4 miles	Easy-effort run on soft surface 4 miles	Flexible movement** 3 miles	Long run 10.5 miles	31.5 miles	☐
8	Strength Deload	Rest	Easy-effort run* 3 miles	Speed work 5 miles	Recovery run on soft surface 3 miles	Easy-effort run on soft surface 3 miles	Flexible movement** 2 miles	Long run 8 miles	24 miles	☐
9	Strength Block 2	Rest	Easy-effort run* 5 miles	Speed work 6 miles	Recovery run on soft surface 4 miles	Easy-effort run on soft surface 5 miles	Flexible movement** 3 miles	Long run 11 miles	34 miles	☐
10	Strength Block 2	Rest	Easy-effort run* 5 miles	Speed work 6 miles	Recovery run on soft surface 4 miles	Easy-effort run on soft surface 5 miles	Flexible movement** 3 miles	Long run 11.5 miles	34.5 miles	☐
11	Strength Block 2	Rest	Easy-effort run* 5 miles	Speed work 6 miles	Recovery run on soft surface 4 miles	Easy-effort run on soft surface 5 miles	Flexible movement** 3 miles	Long run 12 miles	35 miles	☐
12	Strength Deload	Rest	Easy-effort run* 4 miles	Speed work 5 miles	Recovery run on soft surface 3 miles	Easy-effort run on soft surface 3 miles	Flexible movement** 2 miles	Long run 10 miles	27 miles	☐

*Easy-effort run, + 4-6 x 15-20 second strides at the end of your run with walk or jog recovery between

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

WARM-UPS & COOL-DOWNS



PRE-RUN WARM-UP

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

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

Warm-up

Instructions: 30 seconds per exercise

Dynamic Warm-Up #1



[WARM-UP 1 VIDEO DEMOS](#)

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

Dynamic Warm-Up #2



[WARM-UP 2 VIDEO DEMOS](#)

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

POST-RUN COOL-DOWN

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

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

Cool-down

Instructions: Hold each for 30 seconds

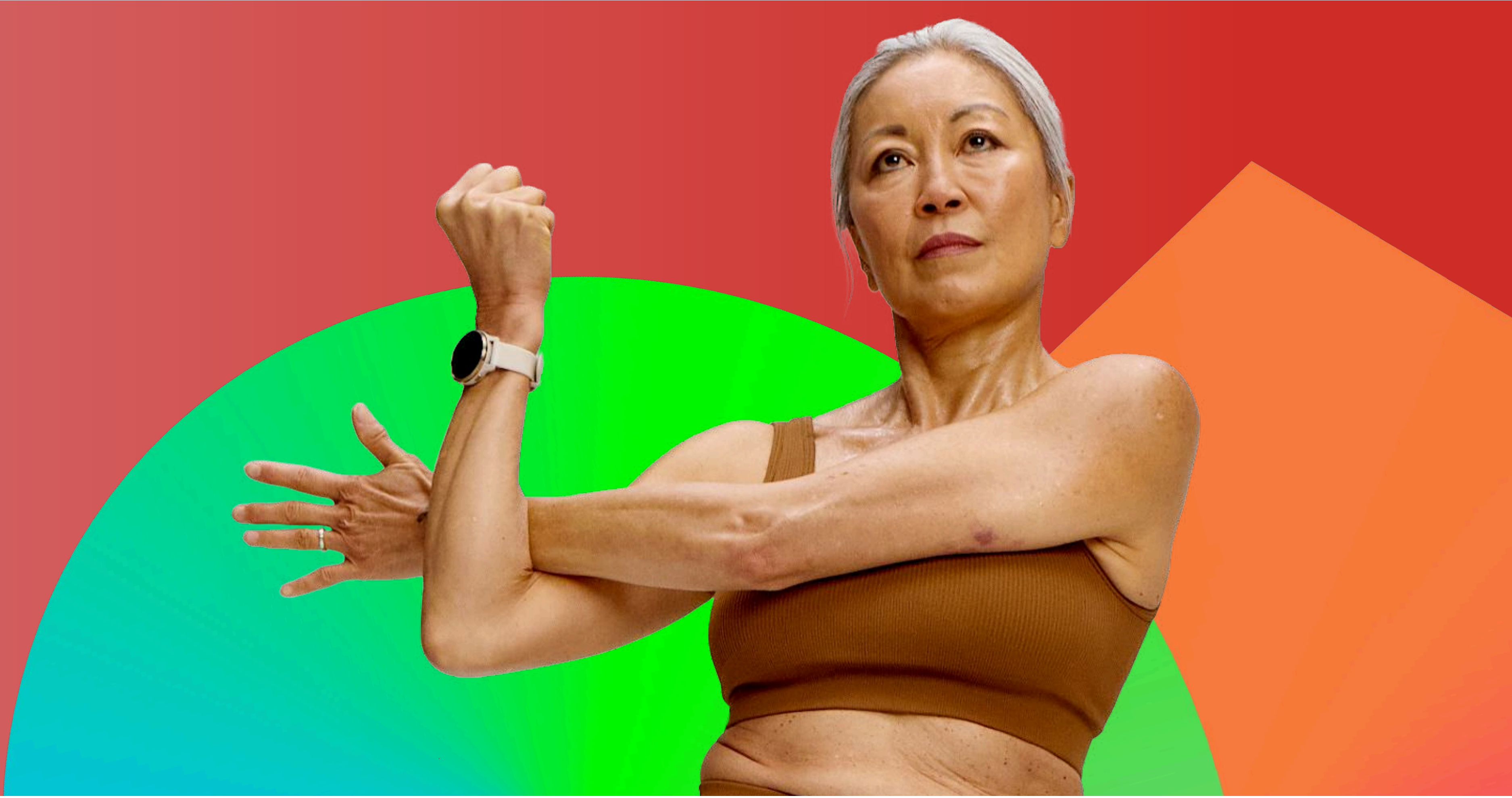
Post-Run Recovery Stretches



[COOL-DOWN VIDEO DEMOS](#)

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

STRENGTH TRAINING



This strength program was created to support your running, not compete with it. You’ll move through two progressive blocks over the course of your 12-week base plan, each focused on total body strength with an emphasis on movements that support running mechanics, posture, and injury prevention.

The program follows a two-day structure each week:

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

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

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

This strength program is designed to complement your base phase, improve durability, and help you feel stronger and more prepared for the transition into our full marathon training plan at week 13.

When to schedule your strength days:

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

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

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

STRENGTH TRAINING



Block 1



[LIBRARY OF VIDEO DEMOS](#)

Total Body Anterior

Instructions:

3 sets of each exercise

10–12 reps per set

Rest: 30 seconds between sets

Effort Level: RPE 6–7

Comfortable challenge

Equipment Needed: Dumbbells

Exercises:

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



[LIBRARY OF VIDEO DEMOS](#)

Total Body Posterior

Instructions:

3 sets of each exercise

10–12 reps per set

Rest: 10–30 seconds between sets

Effort Level: RPE 6–7

Comfortable challenge

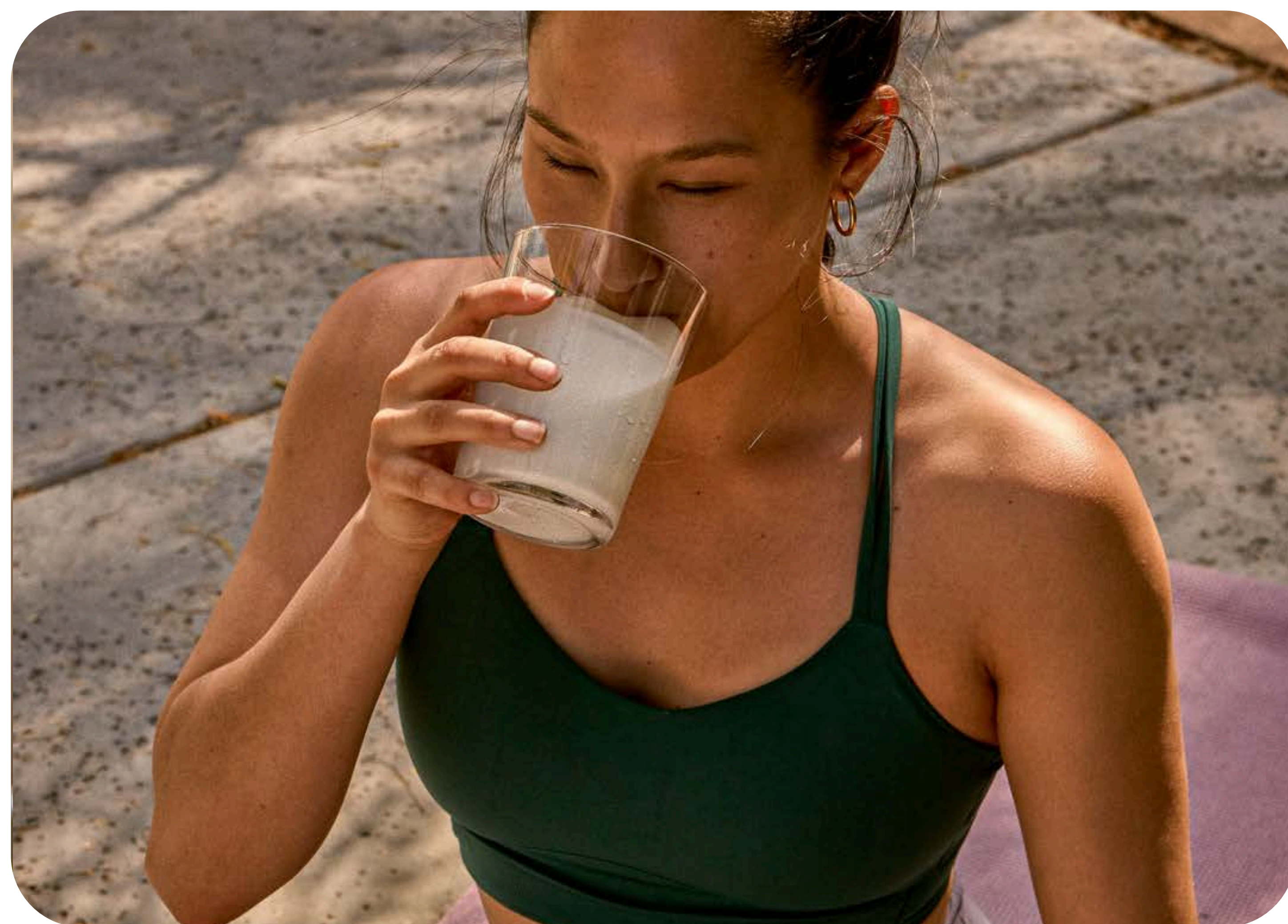
Equipment Needed: Dumbbells

Exercises:

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

MILK AS YOUR POWER PARTNER

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



Block 2



[LIBRARY OF VIDEO DEMOS](#)

Total Body Anterior

Instructions:

3 sets of each exercise

10–12 reps per set

Rest: 30 seconds between sets

Effort Level: RPE 6–7

Comfortable challenge

Equipment Needed: Dumbbells and
Resistance Band

Exercises:

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



[LIBRARY OF VIDEO DEMOS](#)

Total Body Posterior

Instructions:

3 sets of each exercise

10–12 reps per set

Rest: 10–30 seconds between sets

Effort Level: RPE 6–7

Comfortable challenge

Equipment Needed: Dumbbells

Exercises:

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

Deload



[LIBRARY OF VIDEO DEMOS](#)

Workout A: Hips

Instructions:

1–2 sets total

8–10 reps per set

Effort Level: RPE 3–4

Light activation

Exercises:

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



[LIBRARY OF VIDEO DEMOS](#)

Workout B: Hips + Foot/Ankle Stability

Instructions:

1–2 sets total

8–10 reps per set

Effort Level: RPE 3–4

Light activation

Exercises:

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

SPEED WORKOUTS



Week 1

No speed workout.

Week 2

- **Surges** (5 x 30 seconds)
- **Warm Up:** 1 mile easy
- **Main Set:** 5 x 30-second surges in the second half of your run. Let the pace build smoothly, then return to your easy effort in between.
- **Cool Down:** Run easy to complete 5 miles total

Coaching cue: Aim for controlled acceleration, not speed for speed's sake. This supports rhythm without fatigue.

Week 3

- **Fartlek** 6 x 1:1
- **Warm Up:** 1 mile easy
- **Main Set:** 6 x 1 minute hard effort, 1 minute very easy jog
- **Cool Down:** Run easy to complete 5 miles total

Coaching cue: These efforts should feel strong, not sharp. Focus on consistent rhythm and quick recovery.

Week 4

- **Progression Run**

Structure:

Mile 1: Easy effort

Mile 2-3: Steady effort

Mile 3-5: Strong effort

Total Miles: 5

Coaching cue: Start controlled, build through the middle and finish focused. Save your fire for the second half of the training cycle.

Week 5

- **Tempo Intervals** (3 x 5 min)
- **Warm Up:** 1 mile easy
- **Main Set:** 3 x 5 minutes at tempo effort (comfortably hard, where you can talk but wouldn't want to), with 3 minutes of very easy jogging in between
- **Cool Down:** Run easy to complete 5 miles total

Coaching cue: Settle in early and run with control.

Week 6

- **Hill Repeats** (6 x 45 sec)
- **Warm Up:** 1 mile easy
- **Main Set:** 6 x 45-second hill repeats at strong effort. Walk or jog down for recovery.
- **Cool Down:** Run easy to complete 5 miles total

Coaching cue: Power over pace. Drive with your arms, stay tall, and focus on form. This is strength work, not speed.

Week 7

- **Cutdown Run**

Structure:

Mile 1-2: Easy effort

Mile 2-3: Steady effort

Mile 3-4: Strong effort

Mile 5: Easy to finish

Total Miles: 5

Coaching cue: Let the effort increase gradually. This run teaches you how to finish in control, not by force.

Week 8

- **Surges** 6 x 45 seconds
- **Warm Up:** 1 mile easy
- **Main Set:** 6 x 45-second surges in the second half of your run. Let the pace rise smoothly, then return to easy effort.
- **Cool Down:** Run easy to complete 5 miles total

Coaching cue: Keep the effort crisp but smooth.

Week 9

- **Fartlek** 8 x 1:1
- **Warm Up:** 1 mile easy
- **Main Set:** 8 x 1 minute strong effort, 1 minute very easy jog
- **Cool Down:** Run easy to complete 5 miles total

Coaching cue: Settle into the rhythm early. This workout is about strength through repetition.

Week 10

- **Progression Run (by thirds)**

Structure:

First third: Easy effort

Middle third: Steady effort

Final third: Strong effort

Total Miles: 5

Coaching cue: Keep the transitions smooth and controlled. Let the pace follow the effort, not the other way around.

Week 11

- **Tempo Intervals** (4 x 3 min)
- **Warm Up:** 1 mile easy
- **Main Set:** 4 x 3 minutes at tempo effort, with 90 seconds very easy jog between
- **Cool Down:** Run easy to complete 5 miles total

Coaching cue: Focus on consistency from rep to rep. These are short but purposeful.

Week 12

- **Fartlek Ladder** (1-2-3-3-2-1)
- **Warm Up:** 1 mile easy
- **Main Set:**
 - 1 minute strong effort, 1 minute jog
 - 2 minutes strong effort, 2 minutes jog
 - 3 minutes strong effort, 3 minutes jog
 - 3 minutes strong effort, 3 minutes jog
 - 2 minutes strong effort, 2 minutes jog
 - 1 minute strong effort, 1 minute jog
- **Cool Down:** Run easy to complete 5 miles total

Coaching cue: Treat this like a mini ride. Keep your energy even and finish feeling like you could've done one more rep.

EXPERIENCED MARATHON BASE PLAN

YOUR JOURNEY WEEK BY WEEK

Part 1 of 2

WEEK 1 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Rest	Easy-effort run 5 miles + 4-6 sets x 15-20-second strides at the end of your run with walk or jog recovery between	No speed work 5 miles	Recovery run: Soft surface 4 miles	Easy-effort run 4 miles	Flexible movement 2 miles Optional: walk, light run or cross-train. Can rest instead.	Long run 8 miles	28 miles
Strength Block 1	Choose any two non-consecutive days each week to complete your Total Body Anterior and Total Body Posterior workouts that work best for your schedule.							

Long run coaching cue: This is your starting point. Keep the effort honest but easy—just enough to remind your legs what you’re building toward.

Weekly Nutrition Tip:

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

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

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

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



[WHIPPED RASPBERRY OVERNIGHT PROTEIN OATS](#)



[VEGETABLE AND SAUSAGE MINI PROTEIN QUICHES](#)



[BROCCOLI AND CHEESE FRITTATAS](#)



[TROPICAL GREEN SMOOTHIE BOWL](#)



[PROTEIN-PACKED BERRY BURST SMOOTHIE](#)

WEEK 2 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Rest	Easy-effort run 5 miles + 4-6 sets x 15-20-second strides at the end of your run with walk or jog recovery between	Speed work 5 miles Week 2	Recovery run: Soft surface 4 miles	Easy-effort run 4 miles	Flexible movement 2 miles Optional: walk, light run or cross-train. Can rest instead.	Long run 8.5 miles	28.5 miles
Strength Block 1	Choose any two non-consecutive days each week to complete your Total Body Anterior and Total Body Posterior workouts that work best for your schedule.							

Speed work coaching cue: Controlled acceleration, not speed for speed’s sake. This supports rhythm without fatigue.
Long run coaching cue: Focus on efficient movement today: cadence, posture and relaxed upper body. Let the miles come to you.

Weekly Nutrition Tip: ARE YOU STAYING HYDRATED?

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



Follow these daily hydration tips:

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

WEEK 3 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Rest	Easy-effort run 5 miles + 4-6 sets x 15-20-second strides at the end of your run with walk or jog recovery between	Speed work 5 miles Week 3	Recovery run: Soft surface 4 miles	Easy-effort run 4 miles	Flexible movement 2 miles Optional: walk, light run or cross-train. Can rest instead.	Long run 9 miles	29 miles
Strength Block 1	Choose any two non-consecutive days each week to complete your Total Body Anterior and Total Body Posterior workouts that work best for your schedule.							

Speed work coaching cue: These efforts should feel strong, not sharp. Focus on consistent rhythm and quick recovery.

Long run coaching cue: Settle into your stride and practice fueling. Small details now will pay off later.

Weekly Nutrition Tip:

ADD IN NUTRIENT-RICH FOODS

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

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



WEEK 4 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Rest	Easy-effort run 3 miles + 4-6 sets x 15-20-second strides at the end of your run with walk or jog recovery between	Speed work 5 miles Week 4	Recovery run: Soft surface 3 miles	Easy-effort run 3 miles	Flexible movement 2 miles Optional: walk, light run or cross-train. Can rest instead.	Long run 8 miles	24 miles
Strength Deload	Choose any two non-consecutive days each week to complete Deload Workout A: Hips and Deload Workout B: Hips + Foot/Ankle workouts that work best for your schedule.							

Speed work coaching cue: Start controlled, build through the middle and finish focused. Save your fire for the second half of the training cycle.

Long run coaching cue: Use this week to reset. Stay smooth and light, and focus on ease of motion, not pace.

Weekly Nutrition Tip: NAVIGATING LUNCHTIME

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

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



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

[EGGS & GREENS LUNCH WITH SMOOTHIE](#)

Create a balanced snack plate.
Choose one or two items from each category:

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



WEEK 5 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Rest	Easy-effort run 5 miles + 4-6 sets x 15-20-second strides at the end of your run with walk or jog recovery between	Speed work 5 miles Week 5	Recovery run: Soft surface 4 miles	Easy-effort run 4 miles	Flexible movement 3 miles Optional: walk, light run or cross-train. Can rest instead.	Long run 9.5 miles	30.5 miles
Strength Block 1	Choose any two non-consecutive days each week to complete your Total Body Anterior and Total Body Posterior workouts that work best for your schedule.							

Speed work coaching cue: Settle in early and run with control.

Long run coaching cue: Let this run feel smooth and steady. Start easy, and focus on staying relaxed from start to finish.

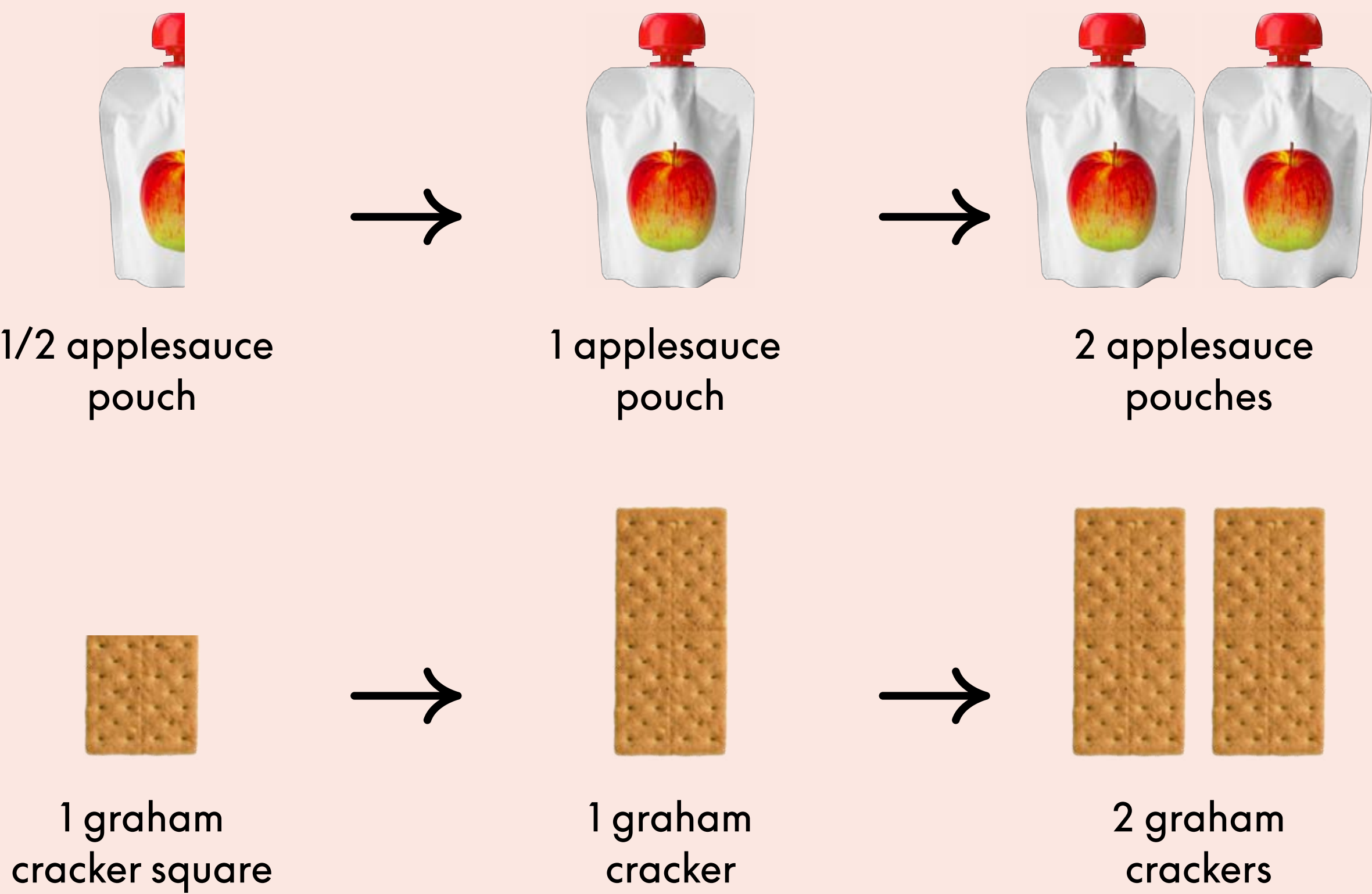
Weekly Nutrition Tip: TRAIN YOUR STOMACH TO EAT BEFORE A RUN

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

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

HOW TO TRAIN YOUR STOMACH

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



WEEK 6 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Rest	Easy-effort run 5 miles + 4-6 sets x 15-20-second strides at the end of your run with walk or jog recovery between	Speed work 5 miles Week 6	Recovery run: Soft surface 4 miles	Easy-effort run 4 miles	Flexible movement 3 miles Optional: walk, light run or cross-train. Can rest instead.	Long run 10 miles	31 miles
Strength Block 1	Choose any two non-consecutive days each week to complete your Total Body Anterior and Total Body Posterior workouts that work best for your schedule.							

Speed work coaching cue: Power over pace. Drive with your arms, stay tall and focus on form. This is strength work, not speed.

Long run coaching cue: Hit your fueling rhythm early and pay attention to your form in the second half. These miles are practice for awareness.

Weekly Nutrition Tip: SUPPORT BONE HEALTH

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

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



[CHAI QUINOA PROTEIN BREAKFAST BOWL](#)



[CHICKEN ALFREDO](#)



[PB&J SMOOTHIE](#)



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

WEEK 7 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Rest	Easy-effort run 5 miles + 4-6 sets x 15-20-second strides at the end of your run with walk or jog recovery between	Speed work 5 miles Week 7	Recovery run: Soft surface 4 miles	Easy-effort run 4 miles	Flexible movement 3 miles Optional: walk, light run or cross-train. Can rest instead.	Long run 10.5 miles	31.5 miles
Strength Block 1	Choose any two non-consecutive days each week to complete your Total Body Anterior and Total Body Posterior workouts that work best for your schedule.							

Speed work coaching cue: Let the effort increase gradually. This run teaches you how to finish in control, not by force.

Long run coaching cue: You're close to the edge of this phase. Find your flow and dial in your mid-run focus.

Weekly Nutrition Tip:

PRIORITIZE POST-RUN RECOVERY

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

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

TIP FROM



DEENA KASTOR

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

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

WEEK 8 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Rest	Easy-effort run 3 miles + 4-6 sets x 15-20-second strides at the end of your run with walk or jog recovery between	Speed work 5 miles Week 8	Recovery run: Soft surface 3 miles	Easy-effort run 3 miles	Flexible movement 2 miles Optional: walk, light run or cross-train. Can rest instead.	Long run 8 miles	24 miles
Strength Deload	Choose any two non-consecutive days each week to complete Deload Workout A: Hips and Deload Workout B: Hips + Foot/Ankle workouts that work best for your schedule.							

Speed work coaching cue: Keep the effort crisp but smooth.

Long run coaching cue: Let this run do its job: active recovery. Keep the pace conversational and shake out the fatigue.

Weekly Nutrition Tip: LISTEN TO YOUR BODY

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

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

Consider keeping a food diary or journal.

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

TIP FROM



KATHRINE SWITZER

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

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

WEEK 9 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Rest	Easy-effort run 5 miles + 4-6 sets x 15-20-second strides at the end of your run with walk or jog recovery between	Speed work 6 miles Week 9	Recovery run: Soft surface 4 miles	Easy-effort run 5 miles	Flexible movement 3miles Optional: walk, light run or cross-train. Can rest instead.	Long run 11 miles	34 miles
Strength Block 2	Choose any two non-consecutive days each week to complete your Total Body Anterior and Total Body Posterior workouts that work best for your schedule.							

Speed work coaching cue: Settle into the rhythm early. This workout is about strength through repetition.

Long run coaching cue: This is the kind of run that builds your aerobic strength. Keep your stride smooth and your fueling consistent.

Weekly Nutrition Tip:

WHEN SHOULD I START FUELING DURING MY LONG RUN?

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



Follow these steps to get started:

Step 1: Choose one of the following:

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

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

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

WEEK 10 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Rest	Easy-effort run 5 miles + 4-6 sets x 15-20-second strides at the end of your run with walk or jog recovery between	Speed work 6 miles Week 10	Recovery run: Soft surface 4 miles	Easy-effort run 5 miles	Flexible movement 3 miles Optional: walk, light run or cross-train. Can rest instead.	Long run 11.5 miles	34.5 miles
Strength Block 2	Choose any two non-consecutive days each week to complete your Total Body Anterior and Total Body Posterior workouts that work best for your schedule.							

Speed work coaching cue: Keep the transitions smooth and controlled. Let the pace follow the effort, not the other way around.

Long run coaching cue: You're in the final stretch of base. Run tall, stay mentally present and finish with intention.

Weekly Nutrition Tip:

HOW DO I CARRY EVERYTHING?

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



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

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

WEEK 11 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Rest	Easy-effort run 5 miles + 4-6 sets x 15-20-second strides at the end of your run with walk or jog recovery between	Speed work 6 miles Week 11	Recovery run: Soft surface 4 miles	Easy-effort run 5 miles	Flexible movement 3 miles Optional: walk, light run or cross-train. Can rest instead.	Long run 12 miles	35 miles
Strength Block 2	Choose any two non-consecutive days each week to complete your Total Body Anterior and Total Body Posterior workouts that work best for your schedule.							

Speed work coaching cue: Focus on consistency from rep to rep. These are short but purposeful.

Long run coaching cue: Last long run before the marathon-specific work begins. Lock in form and discipline now... You'll draw from it later.

Weekly Nutrition Tip: SET YOURSELF UP TO FEEL ENERGIZED ON YOUR LONG RUN

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



Dinner ideas for the night before your long run

Pasta & Meatballs

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

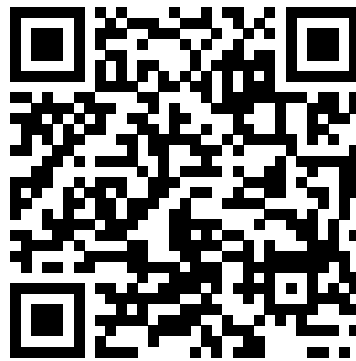
Try this [Turkey Meatball in Vodka Sauce](#) recipe served over pasta.

Baked Potato

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



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



[CHICKEN ALFREDO](#)

WEEK 12 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/ Walking	Rest	Easy-effort run 4 miles + 4-6 sets x 15-20-second strides at the end of your run with walk or jog recovery between	Speed work 5 miles Week 12	Recovery run: Soft surface 3 miles	Easy-effort run 3 miles	Flexible movement 2 miles Optional: walk, light run or cross-train. Can rest instead.	Long run 10 miles	27 miles
Strength Deload	Choose any two non-consecutive days each week to complete Deload Workout A: Hips and Deload Workout B: Hips + Foot/Ankle workouts that work best for your schedule.							

Speed work coaching cue: Treat this like a mini ride. Keep your energy even and finish feeling like you could've done one more rep.

Long run coaching cue: Pull back without shutting down. Keep it efficient, and end the run feeling like you could've gone longer.

Weekly Nutrition Tip: RECOVERY DAYS

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

TIP FROM



DES LINDEN

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

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

Pro Tip

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



Note from Expert Alysha Flynn:

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

CONGRATULATIONS, YOU BUILT THIS!

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

WEEKS 1-12

12-WEEK EXPERIENCED BASE PLAN

Part 1 of 2

Ready to Begin

WEEKS 13-28

16-WEEK EXPERIENCED MARATHON TRAINING PLAN

Part 2 of 2

Start your Marathon Training Plan at Week 13



[GO TO MARATHON TRAINING PLAN](#)

RACE DAY



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