



**EVERY
WOMAN'S
MARATHON™**

POWERED BY TEAM MILK

RUNNER'S WORLD

INDOOR - OUTDOOR MARATHON TRAINING GUIDE

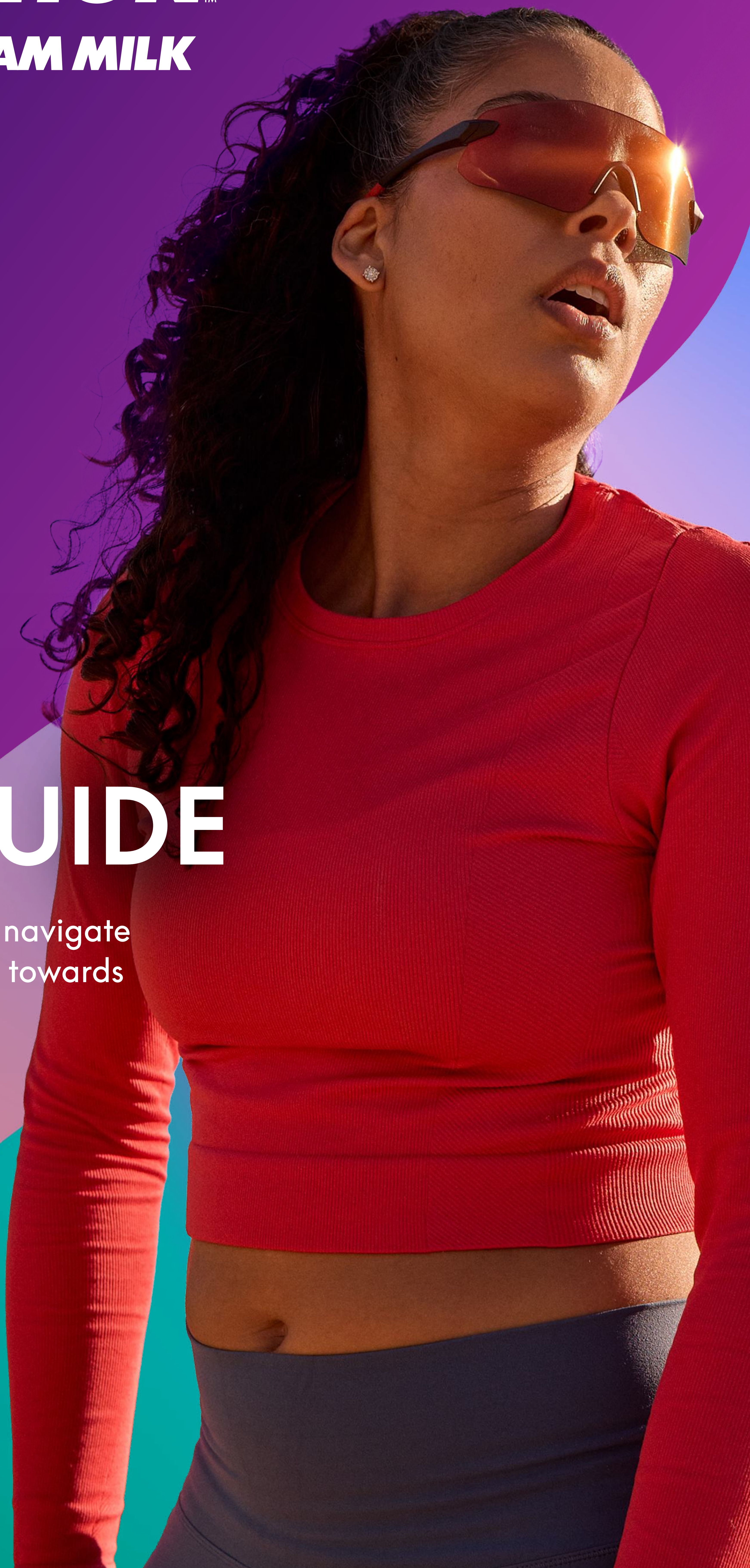
Use this 14-week marathon training guide to navigate the challenges of winter while making strides towards greatness in the new year

Already completed the 12-week Base Plan?

This training guide will lead you through the next 14 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.





WELCOME TO YOUR 14-WEEK INDOOR- OUTDOOR MARATHON TRAINING GUIDE!



Preparing for a marathon is challenging even in the best of weather, but during the winter months it can be downright daunting. The winter is filled with endless obstacles—including freezing temperatures, holiday festivities, less daylight, travel, and family obligations. Now add marathon training into the mix, and it's easy to get overwhelmed.

In partnership with MILK, Runner's World created this 14-week training plan to carry you through this unpredictable and busy season using a combination of road and treadmill running, along with strength training and performance nutrition.

The key to this unique plan is knowing when to pivot and adjust your programming on the fly. Created jointly by three renowned coaches, it will empower you to handle everything that comes your way, from sick kids to late-night parties to impossible weather and more. You'll be able to identify where your training can be adjusted, what can be skipped, and what is absolutely non-negotiable.

SO GO THE DISTANCE WITH US FOR THE NEXT 14 WEEKS AND YOU'LL SURVIVE, THRIVE, AND BE RACE-READY IN THE NEW YEAR!

MEET YOUR COACHES:

This plan represents a collaboration by three expert women in the field of running and nutrition.



Vanessa Peralta-Mitchell is a marathon runner, mom, and founder of Game Changers, Inc., a program that provides mentorship, career guidance, and funding to support diversity among running coaches.



Jess Movold is a certified running coach, seasoned marathoner, and mother, known for her motivational prowess and her skills in helping women find strength in setbacks.



Starla Garcia, R.D., is a dietitian and Olympic-trials marathoner who helps women athletes reach their goals and succeed through strategic performance nutrition.

EACH WEEK, YOUR EXPERT-DESIGNED WORKOUTS WILL HELP:

- > GRADUALLY INCREASE YOUR WEEKLY MILEAGE WITH EASY RUNS
- > INCORPORATE SPEED AND PACE WORK INTO YOUR PLAN FOR IMPROVED RUNNING TIME AND FORM
- > BUILD RESILIENCE AND PREVENT INJURY WITH STRENGTH TRAINING
- > MAINTAIN TRAINING CONSISTENCY THROUGH FLEXIBILITY AND PLANNING
- > IMPROVE ENDURANCE AND MENTAL FORTITUDE WITH A WEEKLY LONG RUN
- > FACILITATE MENTAL AND PHYSICAL RECOVERY WITH PLANNED REST DAYS

TRAINING CALENDAR

Your 14-Week Indoor-Outdoor Marathon Training Guide

This calendar outlines a day-by-day schedule to get you through the toughest 14 weeks of winter. All of these workouts can be done indoors or out, making it that much easier for your marathon training to conform to your ever-changing schedule.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
WEEK 1	☐ 6 to 7 miles	☐ 5 to 6 miles	☐ 2-mile warmup Intervals: 15 x 1-minute @ 10K pace + 45-second recovery jog 2-mile cooldown	☐ Workout 1	☐ 5 to 6 miles	☐ 10 to 12 miles	32	39
WEEK 2	☐ 7 to 8 miles	☐ 6 to 7 miles	☐ 2-mile warmup Intervals: 5 x 5 minutes @ half-marathon pace (MP) + 1-minute recovery jog 2-mile cooldown	☐ Workout 2	☐ 5 to 6 miles	☐ 10 to 12 miles	34	41
WEEK 3	☐ 7 to 8 miles	☐ 6 to 7 miles	☐ 2-mile warmup 3-mile progression run: 1 mile @ MP 1 mile @ half-MP 1 mile @ 10K pace 2-mile cooldown	☐ Workout 3	☐ 5 to 6 miles	☐ 3.5-mile warmup Intervals: 12 x 2 minutes @ MP + 1-minute recovery jog 3.5-mile cooldown	24	39
WEEK 4	☐ 7 to 8 miles	☐ 6 to 7 miles	☐ 2-mile warmup Intervals: 6 x 4 minutes @ half-MP + 2-minute recovery jog 2-mile cooldown	☐ Workout 4	☐ 5 to 6 miles	☐ 14 to 16 miles	39	46
WEEK 5	☐ 8 to 9 miles	☐ 5 to 6 miles	☐ 2-mile warmup: 1 mile @ MP 1 mile @ threshold pace Intervals: 8 x 1 minute @ 10K pace + 90-second recovery jog 2-mile cooldown	☐ Workout 1	☐ 5 to 6 miles	☐ 16 to 18 miles: 6 miles @ goal MP during miles 6 to 12	41	48
WEEK 6	☐ 9 to 10 miles	☐ 6 to 7 miles	☐ 2-mile warmup Intervals: 12 x 75 seconds @ 10K pace + 75-second recovery jog 2-mile cooldown	☐ Workout 2	☐ 5 to 6 miles	☐ 18 to 20 miles	45	51
WEEK 7	☐ 8 to 9 miles	☐ 6 to 7 miles	☐ 2-mile warmup Intervals: 10 x 35-second hill sprints + 70-second recovery jog 2-mile cooldown	☐ Workout 3	☐ 6 to 7 miles	☐ 2-to-4-mile warmup Intervals: 6 x 1 mile @ MP + 1-mile recovery jog 2-to-4-mile cooldown	40	46

TRAINING CALENDAR

Your 14-Week Indoor-Outdoor Marathon Training Guide (cont.)

This calendar outlines a day-by-day schedule to get you through the toughest 14 weeks of winter. All of these workouts can be done indoors or out, making it that much easier for your marathon training to conform to your ever-changing schedule.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
WEEK 8	☐ 9 to 10 miles	☐ 6 to 7 miles	☐ 2-mile warmup 4-mile progression run: 1 mile @ MP 1 mile @ half-MP 1 mile @ threshold pace 1 mile @ 10K pace 2-mile cooldown	☐ Workout 4	☐ 5 to 6 miles	☐ 14 to 16 miles	42	47
WEEK 9	☐ 8 to 9 miles	☐ 5 to 6 miles	☐ 2-mile warmup Intervals: 15 x 25 seconds @ 5K pace + 60-second recovery jog 2-mile cooldown	☐ Workout 1	☐ 5 to 6 miles	☐ 18 to 20 miles: 8 miles @ goal MP during miles 6 to 14	42	48
WEEK 10	☐ 9 to 10 miles	☐ 6 to 7 miles	☐ 2-mile warmup Intervals: 3 x 1 mile @ threshold pace + 3-minute recovery walk or jog 1 mile cooldown	☐ Workout 2	☐ 6 to 7 miles	☐ 14 to 16 miles	41	47
WEEK 11	☐ 10 to 11 miles	☐ 6 to 7 miles	☐ 2-mile warmup Intervals: 15 x 1 minute @ threshold pace + 2-minute recovery jog 1-mile cooldown	☐ Workout 3	☐ 5 to 6 miles	☐ 18 to 20 miles: 10-mile progression run during miles 4 to 14	47	53
WEEK 12	☐ 9 to 10 miles	☐ 6 to 7 miles	☐ 2-mile warmup 35 minutes @ threshold pace 2-mile cooldown	☐ Workout 4	☐ 5 to 6 miles	☐ 14 to 16 miles	41	48
WEEK 13	☐ 7 to 8 miles	☐ 6 to 7 miles	☐ 2-mile warmup Intervals: 8 x 800 meters @ 10-second sub-half-MP + 2-minute recovery jog 2-mile cooldown	REST	☐ 5 to 6 miles	☐ 10 to 12 miles	36	43
WEEK 14	☐ 5 to 6 miles	☐ 4 to 5 miles	☐ 1.5-mile warmup Intervals: 3 x 1K @ MP + 1-minute recovery walk Intervals: 4 x 200 meters + 2-minute recovery walk 2-mile cooldown	REST	REST	RACE DAY!	42.2	45.2

WORKOUT GLOSSARY



» **WARMUP**
Your warmup should always be done at a very easy effort. You should be able to hold a conversation without breathing heavily for the duration.

» **COOLDOWN**
This should be done at a slow, easy pace to allow your heart rate and body temp to return to normal.

» **EASY RUN**
These workouts should be done at a relaxed and comfortable pace to build endurance and running efficiency. Settle into a groove that lands around 6 on a scale of 1 to 10 in terms of effort.
Coaching Cue: If your schedule is jam-packed, shave a mile or two off one or more of these runs when needed in any given week.

» **SPEED WORK**
These interval workouts—short bursts of intense effort followed by a period of easier effort—will improve your speed, reaction time, endurance, and leg turnover.
Coaching Cue: Never skip a Day 3 warmup or cooldown. If you need to trim the workout because of time constraints, decrease the number of rounds.

» **STRENGTH TRAINING**
Resistance training is an essential workout component for runners, helping promote efficiency and strong running form.
Coaching Cue: If you don't have dumbbells or other types of strength-training tools for these workouts, your bodyweight is just as effective.

» **LONG RUN**
These are the bread and butter of any marathon-training plan, challenging both your brain and your body as you endure longer distances and more time on your feet.
Coaching Cue: These runs land on the weekends, giving you the flexibility to choose which day is best for you in terms of weather, events, family obligations, and how your legs feel.

PACE	DEFINITION
MARATHON	The pace you have held during a marathon in the past, or the pace you're aiming to hold on race day.
HALF MARATHON	The pace you have held during a half marathon in the past, or a pace that is roughly 80 percent of your max effort.
10K	A pace that is comfortably uncomfortable, where you're pushing yourself enough that you can't hold a conversation, but not so hard that you're redlining. You should be able to maintain it for a 10K (a little under an hour).
THRESHOLD	A pace about 85 to 90 percent of your maximum effort that you can maintain for 30 to 60 minutes.

STRENGTH-TRAINING WORKOUTS



Strength training is an essential component of a marathon-training cycle; it helps prevent injury as you build both mileage and intensity. For this plan, you will be strength training one day per week, and will rotate through four different workouts that emphasize your posterior chain—the muscles in the back of your body that include the upper and lower back, hamstrings, glutes, and calves—as well as the core. Building strength in these areas helps promote efficiency and strong running form, especially as you get tired toward the end of a long run or a race.

For these workouts, you can use either dumbbells (as written) or simply your bodyweight as resistance. Both are effective and will help you achieve your goal. If you have any questions about how to do the exercises listed here, do a quick internet search for a video demonstrating it.

WORKOUT

1

WARMUP

Complete four rounds.

Exercise	Time
> Jumping Jack	30 seconds
> Forearm Plank Hold	30 seconds
> Bodyweight Good Morning	30 seconds

MAIN STRENGTH WORKOUT

Complete four rounds, resting 60 seconds between rounds.

Exercise	Reps
> Dumbbell Goblet Squat	10
> Bodyweight Reverse Lunge	10 (each side)
> Dumbbell Romanian Deadlift	10

CORE FINISHER

Complete four continuous rounds with no rest in between.

Exercise	Time
> Flutter Kick	30 seconds
> Plank With Shoulder Tap	30 seconds
> Push-Up	30 seconds

WORKOUT

2

WARMUP

Complete three rounds.

Exercise	Time
> Inchworm Walkout	1 minute
> Bodyweight Squat	1 minute
> Hip Circle	30 seconds (each direction)

MAIN STRENGTH WORKOUT

Complete four rounds, resting 60 seconds between rounds.

Exercise	Reps
> Dumbbell Split Squat	10 (each side)
> Dumbbell Front Squat	10
> Dumbbell Lateral Lunge	10 (each side)

CORE FINISHER

Complete two rounds.

Exercise	Reps
> Bicycle Crunch	50
> Mountain Climber	30
> Plank With Shoulder Tap	20

WORKOUT

3

WARMUP

Complete four rounds.

Exercise	Time
> Bodyweight Good Morning	30 seconds
> Bodyweight Squat	30 seconds
> Forearm Plank Hold	30 seconds

MAIN STRENGTH WORKOUT

Complete four rounds, resting 60 seconds between rounds.

Exercise	Reps
> Dumbbell Goblet Squat	15
> Alternating Reverse Lunge	15 (each side)
> Dumbbell Romanian Deadlift	15

CORE FINISHER

Complete three rounds.

Exercise	Reps
> Russian Twist	40
> Toe-Touch Crunch	30
> Plank With Shoulder Tap	20
> Push-up	10

WORKOUT

4

WARMUP

Complete four rounds.

Exercise	Time
> Cobra Stretch	30 seconds
> Downward-Facing Dog	30 seconds
> Calf Raise	30 seconds

MAIN STRENGTH WORKOUT

Complete four rounds, resting 60 seconds between rounds.

Exercise	Reps
> Dumbbell Split Squat	15 (each side)
> Dumbbell Front Squat	15
> Dumbbell Lateral Lunge	15 (each side)

CORE FINISHER

Complete one round.

Exercise	Reps/Time
> Bicycle Crunch	100
> Forearm Plank Hold	60 seconds
> Flutter Kicks	100
> High Plank Hold	60 seconds
> Bicycle Crunch	100

FEED YOUR TRAINING

Use the Performance Plate Technique to Make Marathon Nutrition a Snap.



When training for a marathon, your body needs plenty of healthy fuel to go the distance—literally and figuratively. But what do you eat and when? How much do you need and why? And how should you eat around your workouts for optimal performance without stomach upset?

Performance Plates are an easy way to determine the proper macronutrient ratios needed to fuel your workouts.

Imagine that your dinner plate is divided into sections, each of which contains one of three kinds of food: a lean protein, a fruit and/or vegetable, and a starch or grain. When combined, these foods deliver the optimal nutrient balance to support your training. These ratios change according to where you are in your marathon-training cycle and the needs of your body at that time, so here's how this will break down for your 14-week program.

YOUR PERFORMANCE PLATES

WEEKS 1-3

Basic Performance Plate	
½ plate	Fruits and Veggies
¼ plate	Lean Protein
¼ plate	Starches/Grains

WEEKS 4-9 & 12-14

Moderate Performance Plate	
⅓ plate	Fruits and Veggies
⅓ plate	Lean Protein
⅓ plate	Starches/Grains

WEEKS 10-11

Peak Week Performance Plate	
¼ plate	Fruits and Veggies
¼ plate	Lean Protein
½ plate	Starches/Grains

SET YOURSELF UP FOR SUCCESS

Use these wintertime training and holiday nutrition tips to fuel your body.

- **Short on time? Cook in large batches** so you have plenty of food for now and lots to freeze for later. Things like casseroles, chicken breasts, meatballs, soups, and stews are great options for batch-cooking.
- **Wash down your meals with a beverage.** Pair your meals with one that adds nutritional value. Dairy milk is a great source of carbohydrates and protein.
- **Cold weather means comfort-food cravings.** Stay on track with healthy, hearty options such as oatmeal, pancakes or waffles, canned soup, and beans.
- **Seasonal veggies give variety to your meal planning.** Alternating vegetables like butternut squash, sweet potatoes, beets, and parsnips delivers vitamin and nutrient diversity.
- **Don't neglect your recovery nutrition.** Plan what to eat by knowing what is easiest to eat after runs. Consider options to keep on hand like: dairy milk, chocolate milk, Greek yogurt, yogurt pouches, etc., which will help you recover faster and help prevent your body from feeling burnt out before race day.
- **Don't go to a party hungry!** Eat a healthy meal before you head out the door to ensure you make smart choices while you socialize.
- **When faced with a holiday buffet,** survey all the options available before putting together your performance plate. Choose from the foods available to best fuel your next-day training.
- **Alcoholic beverages should always be consumed in moderation,** and especially so for marathoners. If you plan on imbibing, eat a meal or a snack beforehand so you don't drink on an empty stomach. A good rule of thumb is to drink at least one tall glass of water for every ounce of alcohol consumed.

WEEK-BY-WEEK GUIDE

Consider this your must-read. Here your coaches help keep you consistent and on track with your marathon training, no matter what.

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
	☐ 6 to 7 miles	☐ 5 to 6 miles	☐ 2-mile warmup Intervals: 15 x 1 minute @ 10k pace + 45-second recovery jog 2-mile cooldown	☐ Workout 1	☐ 5 to 6 miles	☐ 10 to 12 miles	32	39

- » **TRAINING TIPS**
It's your first week of workouts—do your best to get them all in, and settle into a comfortable, consistent groove. Take this week to get used to the schedule both mentally and physically, and prepare for the long haul.
- » **COLD-WEATHER WISDOM**
One of the biggest challenges to running in the cold is your mindset. It's going to be uncomfortable at times, so to maintain a positive outlook, accept the weather for what it is and move to running on the treadmill when necessary. Focus instead on your breathing, your stride, and your goals.

- » **NUTRITION NOTES**
 - Hydration is important, even in the cold, so carry water infused with electrolytes for all your runs.
 - Include a protein in your post-workout breakfast to power recovery. Try cereal with dairy milk and nuts, or a slice of toast with nut butter and a sprinkle of hemp seeds.
 - An hour before your Long Run, eat 30 to 50 grams of carbs for sustained energy, like a banana with a handful of nuts, or four graham-cracker sheets, and an applesauce pouch.

WEEK 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
	☐ 7 to 8 miles	☐ 6 to 7 miles	☐ 2-mile warmup Intervals: 5 x 5 minutes @ half MP + 1-minute recovery jog 2-mile cooldown	☐ Workout 2	☐ 5 to 6 miles	☐ 10 to 12 miles	34	41

- » **TRAINING TIPS**
If you have to cut back on your mileage, trim down your Easy Runs—and be okay with it. Doing something is always better than doing nothing, and avoiding the stress of trying to fit everything in on an impossible day will pay off big in terms of mental health.
- » **COLD-WEATHER WISDOM**
Your body temperature rises as you run, so dress in layers on cold winter days. Your running outfit should include a base layer, such as a skin-tight tee; a middle insulating layer like a half-zip fleece; and an outer layer that is wind- and waterproof. As you heat up, peel off a layer or two to stay comfortable but still protected from the elements.

- » **NUTRITION NOTES**
 - Before your Speed Work (about 45 minutes), eat a quick-digesting source of energy, such as a fruit leather or a banana. You don't want heavy food in your stomach when you're pushing your fitness level.
 - Try gummies, chews, or gels to fuel your Long Runs. Ingest one every 30 to 45 minutes and wash it down with plenty of water.

RECOVERY TIP

FUEL YOUR RECOVERY IN THE HOUR POST-EXERCISE WITH THIS SMOOTHIE:

Blend together 1 cup frozen blueberries, 2 tablespoons hemp seeds, and 1 cup dairy milk

WEEK-BY-WEEK GUIDE

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WEEK 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
	☐ 7 to 8 miles	☐ 6 to 7 miles	☐ 2-mile warmup 3-mile progression run: 1 mile @ MP 1 mile @ half-MP 1 mile @ 10K pace 2-mile cooldown	☐ Workout 3	☐ 5 to 6 miles	☐ 3.5-mile warmup Intervals: 12 x 2 minutes @ MP + 1-minute recovery jog 3.5-mile cooldown	24	39

» **TRAINING TIPS**
This week you have two interval workouts. For the first, you'll run three miles, increasing the pace with each one, making smooth speed transitions, and maintaining proper running form. During the second, run at an easy pace for the warmup and cooldown, then push your boundaries a little for the intervals, alternating two minutes of marathon-pace effort with one minute of easy jogging.

» **COLD-WEATHER WISDOM**
When the temperature drops below freezing, it may be difficult to breathe. A headband, ruff, or muff that covers your mouth as well as your head and ears and serves as a layer of protection between the sharp, frozen air and your lungs is a highly recommended item.

» **NUTRITION NOTES**

- Your Easy Runs are getting longer, so fueling properly is key. If you can't stomach food beforehand, have a cup of juice or a half a banana to ensure you don't bonk.
- Before, during, and after Strength Training, sip on water infused with electrolytes. Have a glass of dairy milk 30 to 60 minutes beforehand. Dairy milk contains sodium, which can act like a sponge and hold water in your muscles.

WEEK 4	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
	☐ 7 to 8 miles	☐ 6 to 7 miles	☐ 2-mile warmup Intervals: 6 x 4 minutes @ half-MP + 2-minute recovery jog 2-mile cooldown	☐ Workout 4	☐ 5 to 6 miles	☐ 14 to 16 miles	39	46

» **TRAINING TIPS**
The treadmill is great for easy runs when the weather outside is impossible. It's a safe, controlled environment, and a great alternative to road workouts. If you don't have access to a treadmill, do your Strength Training workout, eat healthy meals, hydrate, and focus on recovery until you're able to resume training.

» **COLD-WEATHER WISDOM**
Winter months mean shorter, darker days. To stay safe and visible to others, wear clothing with reflective elements, carry a flashlight, or wear a headlamp. Also, whenever possible, carry your phone with you in case of emergency.

» **NUTRITION NOTES**

- As your mileage increases each week, your free time decreases. Consider batch-cooking meals on the weekend.
- If you miss a meal or a snack, have a glass of dairy milk. It rehydrates and facilitates recovery from exercise with 13 nutrients and high-quality protein.

RECOVERY TIP

Get into a recovery nutrition habit with chocolate milk. Research has found that its mix of carbohydrates and protein helps to replenish the concentration of glycogen in the muscles after a long run. Glycogen is muscle fuel. Dairy milk's protein also helps repair and build muscle repair and build muscle, as well as reduce muscle breakdown so you can start running longer.

TRY THIS POST-RUN SMOOTHIE:

Blend 1 cup chocolate milk, 1 banana, 1 tablespoon peanut butter, and ½ cup frozen cherries

WEEK-BY-WEEK GUIDE

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WEEK 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
	☐ 8 to 9 miles	☐ 5 to 6 miles	☐ 2-mile warmup: 1 mile @ MP 1 mile @ threshold pace Intervals: 8 x 1 minute @ 10K pace + 90-second recovery jog 2-mile cooldown	☐ Workout 1	☐ 5 to 6 miles	☐ 16 to 18 miles: 6 miles @ goal MP during miles 6 to 12	41	48

» **TRAINING TIPS**

For your first **Speed Work** workout, you'll build the pace and discipline to push through difficult changes. Begin with a 2-mile progression, increasing in speed from marathon to threshold pace, then go right into your intervals with no rest. You'll perform eight 1-minute sprints at a 10K pace, followed by a 90-second recovery jog. Round it out with a 2-mile cooldown.

» **COLD-WEATHER WISDOM**

» When it's cold and dark outside, it's nearly impossible to motivate yourself to leave your warm, cozy bed and head out into the fray. But remember that the most important promises are the ones we make to ourselves. You made a promise that you would do your runs this week, so don't let the weather stop you from fulfilling that promise. Plus, there's always the treadmill.

» **NUTRITION NOTES**

- **Make the most of Strength Training with a solid post-workout meal** that contains plenty of protein to kick-start the repair processes in your muscles. Great options include dairy milk, chicken, fish, and lean beef.
- **The night before a Long Run, fortify with quality fuel for dinner.** Try pasta with marinara sauce, turkey meatballs, and cheese; salmon with rice and asparagus; or a baked potato stuffed with shredded chicken, a dollop of sour cream, and green beans.

WEEK 6	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
	☐ 9 to 10 miles	☐ 6 to 7 miles	☐ 2-mile warmup Intervals: 12 x 75 seconds @ 10K pace + 75-second recovery jog 2-mile cooldown	☐ Workout 2	☐ 5 to 6 miles	☐ 18 to 20 miles	45	51

» **TRAINING TIPS**

- **Speed Work** introduces short, hard efforts to improve your leg turnover and running efficiency, teaching your body to conserve energy over the long haul while improving your race time.
- **If you get sick, rest, rest, rest.** Trying to continue with your training as planned when you're sick might postpone your recovery. Take a few days off, hydrate, and give your body time to heal up.

» **COLD-WEATHER WISDOM**

Consider running with a **buddy in the winter**, even if you tend to run solo. Buddies add a layer of accountability that can get you off the couch when Mother Nature is delivering some sleet or snow. Also, there's safety in numbers, and running with one or more friends is a good idea if you're training in the dark.

» **NUTRITION NOTES**

- **Everyone needs strong bones, especially women athletes.** Adding dairy milk to your diet provides bone-benefiting nutrients such as calcium and vitamin D, helping fortify your skeleton and connective tissues.

NEED SOME QUICK SNACK IDEAS?

- Greek yogurt + raspberries + nuts
- Carrot sticks + hummus
- Protein bar + glass of dairy milk

WEEK-BY-WEEK GUIDE

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WEEK 7	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
	☐ 8 to 9 miles	☐ 6 to 7 miles	☐ 2-mile warmup Intervals: 10 x 35-second hill sprints + 70-second recovery jog 2-mile cooldown	☐ Workout 3	☐ 6 to 7 miles	☐ 2-to-4-mile warmup Intervals: 6 x 1 mile @ MP + 1-mile recovery jog 2-to-4-mile cooldown	40	46

- » **TRAINING TIPS**
Speed Work this week will prepare you for hills. Find a long, gradual hill that’s free of ice and sprint up the slope for 35 seconds. Walk or jog back down to the bottom and repeat. This workout translates easily to a treadmill: Set the incline to 5 percent and increase the speed of the belt until you’re running hard for 35 seconds. Then reduce the incline to 0 and turn down the speed to a walking pace to recover.
- » **COLD-WEATHER WISDOM**
Doing a dynamic warmup can boost your core body temp before you leave the house, making for a more comfortable run. Do a couple of sets of arm circles, leg swings, shallow squats, walking lunges, and side-to-side twists. Then layer up to trap in that body heat and head out.

- » **NUTRITION NOTES**
Lots of people skip breakfast, sometimes because they don’t know what to make and sometimes because they just plain don’t like breakfast food. But breakfast can be anything at all that provides quality ingredients and a spectrum of nutrients. So go ahead—heat up a bowl of last night’s chicken soup and eat it with a slice of sourdough bread and butter, or have a half a turkey hoagie with a piece of fruit and a glass of dairy milk.

WEEK 8	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
	☐ 9 to 10 miles	☐ 6 to 7 miles	☐ 2-mile warmup 4-mile progression run: 1 mile @ MP 1 mile @ half-MP 1 mile @ threshold pace 1 mile @ 10K pace 2-mile cooldown	☐ Workout 4	☐ 5 to 6 miles	☐ 14 to 16 miles	42	47

- » **TRAINING TIPS**
 - Even though your Speed Work gives a suggested pace for each mile in your 4-mile progression, you can run by feel instead. Focus on gradually increasing your intensity until you hit that last mile, then give it your all to the end.
 - This week is a de-load week, meaning you’re pulling back on training intensity to allow for a little extra recovery time. For your Long Run, focus on easy, conversational miles for a mental and physical reset.
- » **COLD-WEATHER WISDOM**
There is a peace to running in the winter that is unlike anything else. Make the most of this time to disconnect from the chaos and busyness of life and reconnect to yourself and nature. Appreciate the stillness, listen to the wind blowing through the leafless trees, or meditate to the rhythmic sound of your shoes crushing the snowflakes or hitting the treadmill belt.

- » **NUTRITION NOTES**
 - Because you get less sun exposure in the winter, drink a glass of dairy milk to get vitamin D, as well as calcium and other bone-benefiting elements that keep runners injury-free.
 - Do your best to get in healthy nutrition when you can, both before and after your training sessions.

- HEALTHY NUTRITION IDEAS:
- Cherries + 1 dark chocolate square + 1 cup of dairy milk
 - Almond butter + 1 slice blueberry toast
 - String cheese + 1 pear + 1 cup edamame

WEEK-BY-WEEK GUIDE

Consider this your must-read. Here your coaches help keep you consistent and on track with your marathon training, no matter what.

WEEK 9	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
	☐ 8 to 9 miles	☐ 5 to 6 miles	☐ 2-mile warmup Intervals: 15 x 25 seconds @ 5K pace + 60-second recovery jog 2-mile cooldown	☐ Workout 1	☐ 5 to 6 miles	☐ 18 to 20 miles: 8 miles @ goal MP during miles 6 to 14	42	48

» TRAINING TIPS

- This week’s Speed Work incorporates short, intense speed changes to allow for freshness in the legs and efficient turnover. These quick bursts demand less intensity and therefore allow for faster recovery in between.
- During your Long Run, push your speed up to your desired marathon pace around miles 6 to 14. This will help you gain an understanding of what this pace feels like, so you can prepare for it on race day.

» COLD-WEATHER WISDOM

Wintertime means holidays and social activities, and added events and obligations could mean you need to pivot and rearrange your normal training schedule. Look at your calendar for the week and see when you have the best chance of getting in your workouts each day. Tell your support system about your plan so they can help take on some of the related responsibilities.

» NUTRITION NOTES

- When treadmill-running, hydrate properly—and safely. Either stop the belt completely to drink, or slow down so you aren’t at risk of falling.
- Before your Long Run, make a simple meal that you can re-create on race day. It should be easy to digest and contain 50 to 100 grams of carbs, such as:
 - > 1 cup of oatmeal cooked with water or lactose free milk + 1 sliced banana + drizzle of maple syrup
 - > ½ large bagel + banana + 2 tablespoons honey

WEEK 10	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
	☐ 9 to 10 miles	☐ 6 to 7 miles	☐ 2-mile warmup Intervals: 3 x 1 mile @ threshold pace + 3-minute recovery walk or jog 1 mile cooldown	☐ Workout 2	☐ 6 to 7 miles	☐ 14 to 16 miles	41	47

» TRAINING TIPS

Hitting your threshold pace for a mile during Speed Work might be challenging, especially if you’re not used to sustained durations of intense work. If you need to, walk for three minutes in between rounds instead of jogging to recover completely before doing it again.

» COLD-WEATHER WISDOM

There will be days you miss a workout—or two or three! Missing training during a marathon cycle is frustrating, but don’t stack up your training sessions in an effort to boost your weekly mileage. Simply resume your training with the prescribed run for that day. If you’ve missed multiple days, run by feel rather than shooting for the prescribed pace to ease back into things and avoid injury.

» NUTRITION NOTES

- It’s time to take stock of your pantry, fridge, and freezer and make sure you’ve got everything you need for this peak week of training—especially protein. Cook up a batch of beef or turkey meatballs or a roasted chicken to make sure you’re covered.
- Recovery is imperative this week, so aside from getting plenty of sleep and drinking plenty of water, choose recovery-friendly, nutrient-dense foods like salmon, colorful veggies, dairy milk, sweet potatoes, whole-grain pasta, and rice.

WEEK-BY-WEEK GUIDE

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WEEK 11	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
	☐ 10 to 11 miles	☐ 6 to 7 miles	☐ 2-mile warmup Intervals: 15 x 1 minute @ threshold pace + 2-minute recovery jog 1-mile cooldown	☐ Workout 3	☐ 5 to 6 miles	☐ 18 to 20 miles: 10-mile progression run during miles 4 to 14	47	53

» **TRAINING TIPS**

- Speed Work asks you to hit your threshold pace, this time just for one minute. If you need to, you can take your recovery jog down to a walk.
- As you did in Week 9, you'll aim to hit your marathon pace in the middle of your Long Run this week, this time going for 10 miles instead of 8.

» **COLD-WEATHER WISDOM**

Your race is only a few weeks away, so move your training indoors to the treadmill if the weather outside is horrible between now and then. Running in controlled conditions ensures you stay healthy and injury-free, so you can get to the starting line feeling your best.

» **NUTRITION NOTES**

Practice your pre-race and race-day nutrition on your Long Run. This will identify any holes, such as too much or too little fuel, or whether or not you can pack everything you want to carry with you. The night before, eat the Moderate Performance Plate you will have for dinner before race day. Lay out the clothing you plan to wear and pack your snacks. For breakfast, have something quick and easy to digest, then get dressed, grab your liquids, and start running.

WEEK 12	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
	☐ 9 to 10 miles	☐ 6 to 7 miles	☐ 2-mile warmup 35 minutes @ threshold pace 2-mile cooldown	☐ Workout 4	☐ 5 to 6 miles	☐ 14 to 16 miles	41	48

» **TRAINING TIPS**

- Do your Speed Work workout on the treadmill this week. Doing so may help increase your leg turnover when you return to the road.
- You might have to completely rearrange your week to get your workouts done. When this occurs, make sure you leave at least 48 hours between your Long Run and your Speed Work. These are your most intense sessions, so you don't want to do them back-to-back.

» **COLD-WEATHER WISDOM**

Parties and social gatherings during this time could mean unusual food choices—and subsequent stomach issues the next day. Consider cutting back on your mileage the day after, or swap it with a rest day instead.

» **NUTRITION NOTES**

You can easily assemble a Performance Plate by choosing one food from each category:

- **Protein:** sliced deli turkey, tuna pouch, edamame, chicken breast, salmon
 - **Starch/grain:** whole-grain tortilla, sourdough bread, potatoes, rice
 - **Dairy:** glass of dairy milk, Greek yogurt, cheese stick, cottage cheese
- **Fruit:** apples, oranges, grapes, nectarines, berries
 - **Veggies:** Snap peas, spinach, carrots, cucumbers, celery, tomatoes
 - **Snacks/sides:** nut-butter trail mix, avocado, hummus

STAY HEALTHY FOR RACE DAY

A glass of dairy milk can help with supporting your immune system at this important stage of your training. You want to avoid getting sick before your race day, and dairy milk—white or chocolate—can help your body get vitamin A, vitamin D, zinc, and selenium, which all support the immune system during training.

WEEK-BY-WEEK GUIDE

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WEEK 13	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly Mileage	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
	☐ 7 to 8 miles	☐ 6 to 7 miles	☐ 2-mile warmup Intervals: 8 x 800 meters @ 10-second sub-half MP + 2-minute recovery jog 2-mile cooldown	REST	☐ 5 to 6 miles	☐ 10 to 12 miles	36	43

- » **TRAINING TIPS**

It’s the week before your race. Keep your training on point and your head in the game without overdoing it. For Speed Work, you’ll trim both the distance and the number of rounds you do for your intervals, aiming for 8 rounds of 800 meters (about a half a mile) at just a little below your half marathon pace. Both your Easy and Long Runs are shorter and less intense, as you prepare mentally and physically for your event.
- » **COLD-WEATHER WISDOM**

If anyone in your family gets sick this week, avoid getting sick yourself. Ask a friend or family member if they can step in and help care for them so you can stay healthy. If you’re the only caretaker, you may have to miss some training; that’s okay. Take care of those who need you, and focus on prioritizing your sleep, nutrition, and hydration. Once your family is on the mend, you’ll be ready to resume training.

- » **NUTRITION NOTES**

 - Choose recovery-promoting foods to prepare your body to tackle next week’s challenge. Foods such as dairy milk, Greek yogurt, salmon, cherries, and lean meats help your body heal faster.
 - Your training volume drops off this week and next, but don’t cut back on your food intake. What you eat now will work to your advantage later, healing tired muscles, storing glycogen for energy, and readying your body to go the distance.

WEEK 14	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 OR 7	Estimated Weekly	
	EASY RUN	EASY RUN	SPEED WORK	STRENGTH WORK	EASY RUN	LONG RUN OR REST	LOW	HIGH
	☐ 5 to 6 miles	☐ 4 to 5 miles	☐ 1.5-mile warmup Intervals: 3 x 1K @ MP + 1-minute recovery walk Intervals: 4 x 200 meters + 2-minute recovery walk 2-mile cooldown	REST	REST	RACE DAY!	42.2	45.2

- » **TRAINING TIPS**

 - Use your Easy Runs to visualize your race. See yourself running mile by mile, imagine your effort on hills and flats, picture yourself running in all sorts of weather, and see yourself crossing the finish line with a smile!
 - Your weekend run is optional. If your race is on Saturday, obviously you will skip it altogether, but if the event is on Sunday and you want to turn your legs a little, go for it.
- » **COLD-WEATHER WISDOM**

Remember what you’ve learned about training in the cold winter weather over the past 14 weeks, and you’ll be ready for anything on race day. If you’re traveling to your event, bring several clothing options so you’re ready for rain, sleet, wind, snow, or—hopefully—sun.
- » **NUTRITION NOTES**

 - Early in the week, plan your race nutrition. This will help you make reservations (if needed) and figure out what items you need from the grocery store and what fuel you will need for race day.
 - Don’t try anything new this week. Avoid any new meals, supplements, foods, or fuel.
 - Three days before race day, eat your favorite Peak Week Performance Plate, which should have ½ of the plate filled with simple carbs to reduce fiber that may cause stomach issues, ¼ of the plate filled with protein, and ¼ of the plate filled with fruits and vegetables. Emphasize carbohydrates to load so you store enough energy and glycogen for race day.
 - Once you cross the finish line, it’s time to celebrate! Toast your accomplishment with a big glass of dairy milk to help you replenish all the nutrients and electrolytes you lost during the race.



RUNNER'S WORLD