EVERY WOMAN'S MARATHON™

POWERED BY 26.2 TEAM MILK

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.

WELCOME TO YOUR 12-WEEK MARATHON BASE PLAN!

Deciding to run your first marathon comes with so many emotions. You may be feeling a bit nervous about it, but laying a strong foundation and slowly building your endurance will help you feel confident and capable as you head into your next stage of training. Athletes capable of running three miles should start this plan 28 weeks out from Every Woman's Marathon (EWM). Once this plan is completed, runners can start the Beginners Marathon Plan 16 weeks out from EWM.

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

This plan provides a relaxed build-up and emphasizes strength training to help you reach your full potential. You'll run four days a week (on both hard and soft surfaces) with plenty of walking for recovery. Each week, your expertly designed workouts and nutrition information will help:

- gradually increase your weekly mileage with easy-effort runs
- incorporate strength training and mobility to prevent injury
- facilitate recovery with planned rest days and step-back weeks
- build race-ready confidence with increased endurance
- establish the importance of nutrition in your training journey

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Lay your foundation over the next 12 weeks and take each stride of EWM with confidence!

Meet your Training Experts:

Alysha Flynn

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

Kristy Baumann

Kristy Baumann, (aka Marathon Nutritionist) is a Registered Dietitian (RD), an accomplished marathon runner, a business owner and a mother of two. With a focus on empowering women runners, she specializes in helping individuals build confidence in fueling their bodies effectively to excel in both their training and their everyday-life pursuits.

FUELING

FUEL YOUR TRAINING WITH PERFORMANCE PLATES

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

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

Performance plates are divided into three sections:

Starches/Grains

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

Protein

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

Fruits/Vegetables

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

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

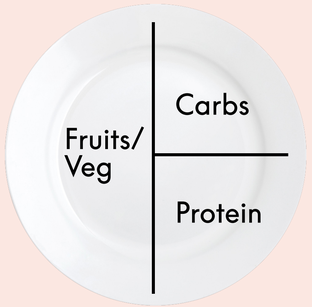
Incorporate healthy **fats** into your meals to support hormone balance, for sustained energy and to help meals taste more satisfying. Sources of healthy fats include avocados, nut butters, nuts, seeds, olive oil and fatty fish like salmon and mackerel.

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

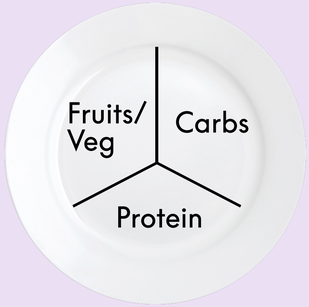
PERFORMANCE PLATES

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

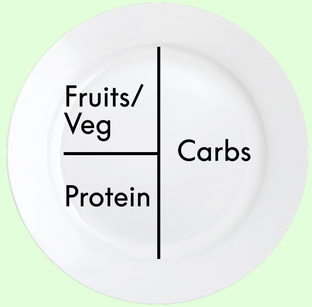
Low Training Plate



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 2-3 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?

1-2 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 2-3 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	Walk 20-30 minutes	Easy-effort run 1.5 miles	Easy-effort run 2.5 miles		Easy-effort run on soft surface 1.5 miles	Rest	Long run 3 miles	8.5 miles	☐
2	Strength Block 1	Walk 20-30 minutes	Easy-effort run 2 miles	Easy-effort run 2.5 miles		Easy-effort run on soft surface 1.5 miles	Rest	Long run 3.5 miles	9.5 miles	☐
3	Strength Block 1	Walk 20-30 minutes	Easy-effort run 2 miles	Easy-effort run 3 miles		Easy-effort run on soft surface 1.5 miles	Rest	Long run 4 miles	10.5 miles	☐
4	Running Step-Back Week	Walk 20-30 minutes	Easy-effort run 2 miles	Easy-effort run 2 miles		Easy-effort run on soft surface 1.5 miles	Rest	Long run 3 miles	8.5 miles	☐
5	Strength Block 1	Walk 30 minutes	Easy-effort run 2 miles	Easy-effort run 3 miles		Easy-effort run on soft surface 2 miles	Rest	Long run 4.5 miles	11.5 miles	☐
6	Strength Block 2	Walk 30 minutes	Easy-effort run 2.5 miles	Easy-effort run 3 miles		Easy-effort run on soft surface 2 miles	Rest	Long run 5 miles	12.5 miles	☐
7	Strength Block 2	Walk 30 minutes	Easy-effort run 2.5 miles	Easy-effort run 3 miles		Easy-effort run on soft surface 2 miles	Rest	Long run 6 miles	13.5 miles	☐
8	Strength Deload	Walk 20-30 minutes	Easy-effort run 2 miles	Easy-effort run 3 miles		Easy-effort run on soft surface 2 miles	Rest	Long run 4 miles	11 miles	☐
9	Strength Block 2	Walk 30-45 minutes	Easy-effort run 3 miles	Easy-effort run 3.5 miles		Easy-effort run on soft surface 2 miles	Rest	Long run 6.5 miles	15 miles	☐
10	Strength Block 2	Walk 30-45 minutes	Easy-effort run 3 miles	Easy-effort run 4 miles		Easy-effort run on soft surface 3 miles	Rest	Long run 7 miles	17 miles	☐
11	Strength Block 2	Walk 30-45 minutes	Easy-effort run 3 miles	Easy-effort run 4 miles		Easy-effort run on soft surface 3 miles	Rest	Long run 8 miles	18 miles	☐
12	Strength Deload	Walk 30 minutes	Easy-effort run 2 miles	Easy-effort run 4 miles		Easy-effort run on soft surface 2.5 miles	Rest	Long run 6 miles	14.5 miles	☐

WORKOUT GLOSSARY

Easy-effort run

Tune into your body and run by effort while building your aerobic base. Aim for an intensity where you can comfortably maintain a conversation. This effort level will be used for the majority of your training runs to improve your endurance.

Coaching cue: Training volume will influence your perceived effort from week to week. Feel free to make adjustments so these runs always feel like a 3/4 on a scale of 1-10.

Running step-back week

Taking a step-back week in running allows you to "step back" from training intensity, reflect on what you've accomplished (both mentally and physically) and prepare for training intensity to come. These weeks also reduce your risk of injury.

Coaching cue: Think of these weeks as a nice mental reset button.

Strides

Strides consist of brief intervals of faster running followed by recovery periods. Strides are important in training because they create an opportunity to work on running mechanics and form. Strides are also versatile and can be completed on road, track, turf or grass. Start slowly, then build your speed over 10-30 seconds to your max controlled speed (not all-out sprinting) then decelerate in the last few steps. Take full recovery between each one (90 seconds to 2 minutes), so that lactic acid doesn't build up. Let your heart rate come back down by walking or slowly jogging before starting again.

Coaching cue: Try doing your strides on a slight incline to improve form and stride efficiency while increasing strength with less impact.

Soft-surface run

If possible, complete these runs on a softer surface like groomed grass, track, turf or non-technical trail for a lower-impact run.

Coaching cue: Be mindful not to run on lumpy or uneven grass if you have weak or injury-prone ankles. Instead, stick to the track.

Strength deload

This is a phase in your strength program when you train at a lower intensity so your body can recover from the demands of higher-intensity training. You can do this by reducing the volume of your training.

Coaching cue: Just like the step-back week, think of this lower intensity strength-training as a nice mental reset button.

Foot/ankle work

Strengthening the muscles that support your lower leg, foot and ankle and will help keep your ankle joints stable when running. You will see these exercises alternate with mobility on Mondays.

Coaching cue: A little bit of time on this goes a long way. Running is done with two legs, but it's a single-leg sport, so you need your feet and ankles to be strong.

Long run

Long runs are done over an extended distance or duration at a constant pace and kept to an easy-effort intensity. It's all about time on your feet. Try to minimize long stops, and practice fueling and hydration during this run the way you would on race day.

Coaching cue: Towards the end of the run you might feel more challenged due to fatigue—remember, that's okay!

Mobility

Mobility allows a joint to experience full, unrestricted range of motion. It's important because it reduces your risk of injury and allows your glutes to fire more effectively when running.

Coaching cue: Mobility can be found on the Monday schedule, but feel free to move it around, as needed, before a run or strength workout.

Total body anterior

These strength workouts are done on Tuesdays. They focus on the anterior chain, which runs along the front side of your body. By engaging your abdominals, hip flexors, quadriceps, tibialis, etc., these workouts build core stability, control knee position and improve stability at the hip, which is critical for running.

Total body posterior

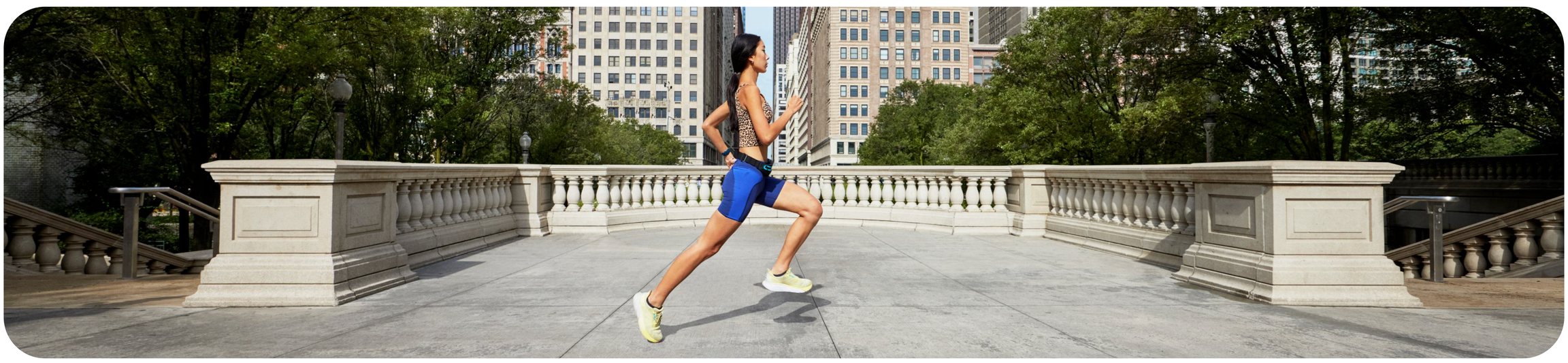
These strength workouts are done on Thursdays. They focus on the posterior chain, which runs along the back side of your body. Engaging your back, glutes, hamstrings, calves, etc., increases power critical for running.

TIP FROM

DANIELLE MCLAUGHLIN

Cancer survivor, amputee and world champion athlete who ran the NYC Marathon. Danielle is also an All Star on the Team CAF softball team.

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



WARM-UPS & COOL-DOWNS

LIBRARY OF VIDEO DEMOS

PRE-RUN WARM-UP

Warm-ups involve running or movements done at a lower intensity and slower pace. They are important because they give your body a chance to loosen up, while gradually increasing your heart rate (warm up). This improves running performance.

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

Warm-up option 1

Instructions: 30 seconds per movement

WARM-UP 1 VIDEO DEMOS

- Knee tucks/hugs
- Hamstring scoop
- Figure 4
- Side lunge
- Leg swing side to side
- Leg swing forward/back
- Toe walking

Warm-up option 2

Instructions: 30 seconds per movement

WARM-UP 2 VIDEO DEMOS

- Calf pedaling
- Alternating hip/hamstring
- Runners lunge w/ twist
- Deep squat
- Forward lunge w/ twist
- Toe walking

POST-RUN COOL-DOWN

A series of stretches that stimulate muscle repair and healing. This part of your routine is important because it gives your body a chance to loosen up while gradually bringing your heart rate down (cool down).

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

Cool-down

Instructions: Hold each for 30 seconds

COOL-DOWN VIDEO DEMOS

- Upper-body stretch
- Tricep stretch
- Quad stretch
- Seated calf stretch
- IT band stretch
- Low-lunge stretch
- Downward-facing dog
- Hamstring stretch
- Figure four
- Butterfly stretch
- Hip and back stretch
- Side-lying quad stretch

Equipment needed: Variety of dumbbells, a stable chair, a stable step stool or stair tread, a resistance band

STRENGTH TRAINING

LIBRARY OF VIDEO DEMOS

Strength work prevents injuries by strengthening muscles and connective tissues. This program includes two strength-training blocks. Block 1 includes a weekly total body anterior workout and then posterior workouts in weeks 1-5. Then, in weeks 6-12 you'll follow Block 2. Block 2 also has weekly total body anterior and posterior workouts, but it advances all of the exercises from Block 1 to challenge your body and allow your musculoskeletal system to get stronger. This is called progressive overload, and it allows for a gradual adaptation while minimizing the risk of injury.

Equipment needed: Variety of dumbbells, a stable chair, a stable step stool or stair tread, a resistance band

Block 1

LIBRARY OF VIDEO DEMOS

Mobility Instructions: 2x 8 reps

- Fire hydrant
- Donkey kicks
- Leg whips
- Forward hip circles
- Backward hip circles

OR

LIBRARY OF VIDEO DEMOS

Ankle/Foot Instructions: 2x 8 reps

- Towel stretch
- ABCs: 1 set
- Ankle dorsiflexion
- Ankle plantar flexion
- Single-leg balance

LIBRARY OF VIDEO DEMOS

Total Body Anterior
Instructions: 3x 10-12 reps

- Squat
- Chest press
- Fire hydrants
- Seated OH press
- Standing knee drives + Wt

LIBRARY OF VIDEO DEMOS

Total Body Posterior
Instructions: 3x 10-12 reps

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

Block 2

LIBRARY OF VIDEO DEMOS

Mobility Instructions: 2x 8 reps

- Fire hydrant
- Donkey kicks
- Leg whips
- Forward hip circles
- Backward hip circles

OR

LIBRARY OF VIDEO DEMOS

Ankle/Foot Instructions: 2x 8 reps

- Towel stretch
- ABCs: 1 set
- Ankle dorsiflexion
- Ankle plantar flexion
- Single-leg balance

LIBRARY OF VIDEO DEMOS

Total Body Anterior
Instructions: 3x 10-12 reps

- B-stance squat
- Alternating chest press
- Banded lateral walk (timed, 30 sec)
- Kneeling single-arm OH press
- Standing knee drives band + Wt

LIBRARY OF VIDEO DEMOS

Total Body Posterior
Instructions: 3x 10-12 reps

- RDL
- Alternating row
- Glute bridge 1 1/2 rep
- Supine heel drops
- Calf raise

Deload

LIBRARY OF VIDEO DEMOS

Mobility Instructions: 2x 8 reps

- Fire hydrant
- Donkey kicks
- Leg whips
- Forward hip circles
- Backward hip circles

OR

LIBRARY OF VIDEO DEMOS

Ankle/Foot Instructions: 2x 8 reps

- Towel stretch
- ABCs: 1 set
- Ankle dorsiflexion
- Ankle plantar flexion
- Single-leg balance

LIBRARY OF VIDEO DEMOS

Workout 1
Instructions: 2x 8 reps

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

LIBRARY OF VIDEO DEMOS

Workout 2
Instructions: 2x 8 reps

- Glute bridge
- Leg lift: Neutral toe
- Leg lift: Toe down
- Leg lift: Toe up

WEEK 1 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running	Walk 20-30 minutes	Easy-effort run 1.5 miles	Easy-effort run 2.5 miles		Easy-effort run on soft surface 1.5 miles	Rest	Long run 3 miles	8.5 miles
Strength Block 1	Mobility exercises	Total body anterior		Total body posterior				

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	Walk 20-30 minutes	Easy-effort run 2 miles	Easy-effort run 2.5 miles		Easy-effort run on soft surface 1.5 miles	Rest	Long run 3.5 miles	9.5 miles
Strength Block 1	Ankle/foot exercises	Total body anterior		Total body posterior				

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.
- Add in hydrating beverages like milk, which research shows is one of the best beverages for hydration, even better than water. Especially after exercise, chocolate milk is a great option to help replace the electrolytes that are lost in sweat (like potassium, sodium, magnesium and calcium). These naturally occurring nutrients are the same electrolytes that are added to traditional sports drinks. Remember, these hydrating beverages count toward your fluid intake.
- 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	Walk 20-30 minutes	Easy-effort run 2 miles	Easy-effort run 3 miles		Easy-effort run on soft surface 1.5 miles	Rest	Long run 4 miles	10.5 miles
Strength Block 1	Mobility exercises	Total body anterior		Total body posterior				

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 Step-Back Week	Walk 20-30 minutes	Easy-effort run 2 miles	Easy-effort run 2 miles		Easy-effort run on soft surface 1.5 miles	Rest	Long run 3 miles	8.5 miles
Strength Deload	Ankle/foot deload	Deload workout 1		Deload workout 2				

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 (Page 2) 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
- Fruit/Vegetable: Sugar snap peas, mini cucumber, cherry tomatoes, blackberries, apple, orange, kiwi
- Dairy: Glass of milk, Greek yogurt, string cheese, cream cheese
- Fat: Hummus cup, almonds, cashews, pistachios, guacamole

TIP FROM

ALISON MARIELLA DÉSIR

Author of 'Running While Black,' activist, co-chair of the Running Industry Diversity Coalition and founder of Harlem Run

"1. Stretch! 2. Strength train. 3. Do not pile on workouts. If you miss a workout, do not try to make up for it by doing more."

WEEK 5 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/Walking	**Walk 30 minutes**	Easy-effort run 2 miles + 4x 15-second strides at the end of the run, 2-minute walk recovery between	**Easy-effort run 3 miles**		**Easy-effort run on soft surface 2 miles**	**Rest**	**Long run 4.5 miles**	**11.5 miles**
Strength Block 1	Mobility exercises	Total body anterior		Total body posterior				

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 3 to 5 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 3 to 5 days
or once you tolerate/feel comfortable

1/2 applesauce pouch → 1 applesauce pouch → 2 applesauce pouches

1 graham cracker square → 1 graham cracker → 2 graham crackers

WEEK 6 BREAKDOWN

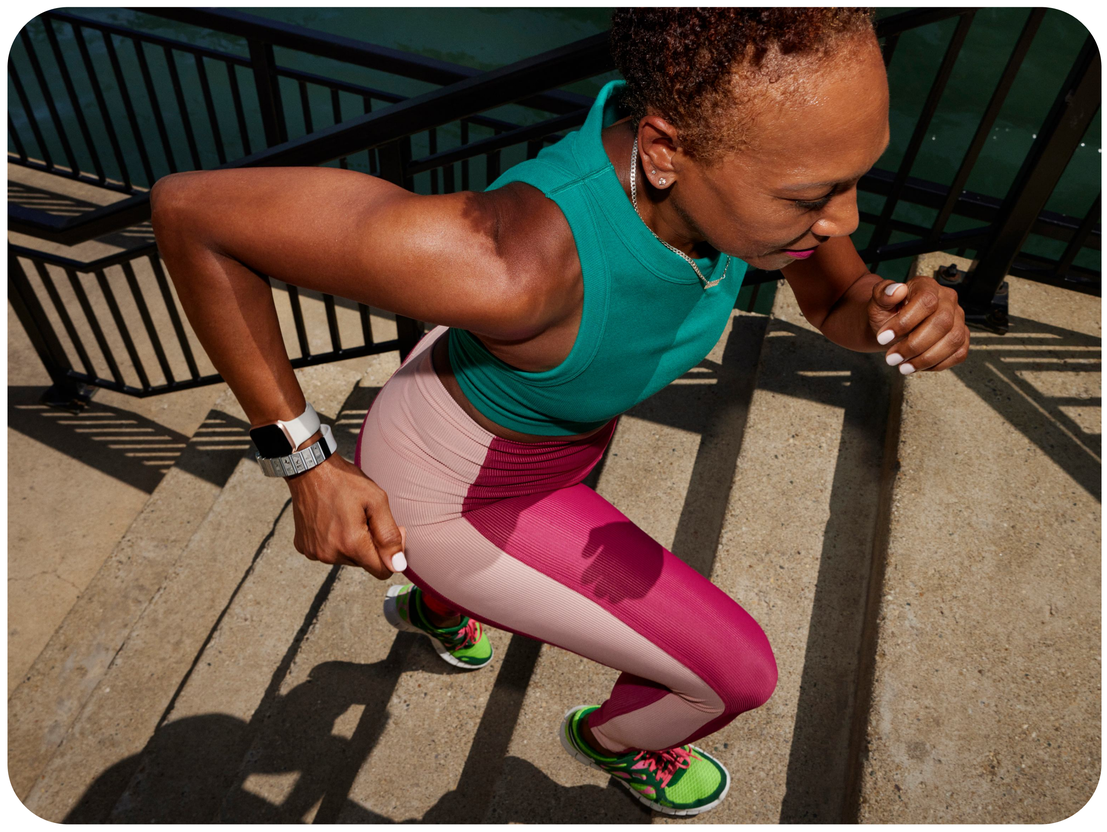
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/Walking	**Walk 30 minutes**	Easy-effort run 2.5 miles + 4x 15-second strides at the end of the run, 2-minute walk recovery between	**Easy-effort run 3 miles**		**Easy-effort run on soft surface 2 miles**	**Rest**	**Long run 5 miles**	**12.5 miles**
Strength Block 2	Ankle/foot exercises	Total body anterior		Total body posterior				

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	**Walk 30 minutes**	Easy-effort run 2.5 miles + 4x 15-second strides at the end of the run, 2-minute walk recovery between	**Easy-effort run 3 miles**	**Total body posterior**	**Easy-effort run on soft surface 2 miles**	**Rest**	**Long run 6 miles**	**13.5 miles**
Strength Block 2	Mobility exercises	Total body anterior		Total body posterior				

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 Step-Back Week	**Walk 20-30 minutes**	**Easy-effort run 2 miles** + 4x 15-second strides at the end of the run, 2-minute walk recovery between	**Easy-effort run 3 miles**		**Easy-effort run on soft surface 2 miles**	**Rest**	**Long run 4 miles**	**11 miles**
Strength Deload	Ankle/foot deload	Deload workout 1		Deload workout 2				

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 (i.e., 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.

TIP FROM

KATHRINE SWITZER

First woman to officially compete in the Boston Marathon in 1967

"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."

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.

WEEK 9 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/Walking	**Walk 30-45 minutes**	**Easy-effort run 3 miles** + 4x 20-second strides at the end of the run, 2-minute walk recovery between.	**Easy-effort run 3.5 miles**		**Easy-effort run on soft surface 2 miles**	**Rest**	**Long run 6.5 miles**	**15 miles**
Strength Block 2	Mobility exercises	Total body anterior		Total body posterior				

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.

TIP FROM

ALISON MARIELLA DÉSIR

Author of 'Running While Black,' activist, co-chair of the Running Industry Diversity Coalition and founder of Harlem Run

"Use every long run as preparation for race day. Try to run your long runs at the same time as the race. Eat the same food before your long run. That way race day feels like just another long run you've rehearsed."

Follow these steps to get started:

1. Step 1: Choose one of the following:
   - Energy gels (GU)
   - Energy chews
   - Food (jelly beans, sugary candy, applesauce pouch, dates)
2. Step 2: 30-45 minutes into your long run, take half of an energy gel or four-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.)
3. Step 3: Aim to drink 6-20+ oz fluids within 1 hour.

WEEK 10 BREAKDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running/Walking	**Walk 30-45 minutes**	Easy-effort run 3 miles + 4x 20-second strides at the end of the run, 2-min walk recovery between	**Easy-effort run 4 miles**		**Easy-effort run on soft surface 3 miles**	**Rest**	**Long run 7 miles**	**17miles**
Strength Block 2	Ankle/foot exercises	Total body anterior		Total body posterior				

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	**Walk 30-45 minutes**	**Easy-effort run 3 miles** + 4x 20-second strides at the end of the run, 2-minute walk recovery between.	**Easy-effort run 4 miles**		**Easy-effort run on soft surface 3 miles**	**Rest**	**Long run 8 miles**	**18 miles**
Strength Block 2	Mobility exercises	Total body anterior		Total body posterior				

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

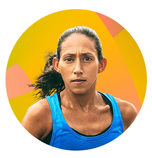
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL RUNNING MILES
Running Step-Back Week	**Walk 30 minutes**	**Easy-effort run 2 miles** + 4x 20-second strides at the end of the run, 2-minute walk recovery between.	**Easy-effort run 4 miles**		**Easy-effort run on soft surface 2.5 miles**	**Rest**	**Long run 6 miles**	**14.5 milles**
Strength Deload	Ankle/foot deload	Deload workout 1		Deload workout 2				

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."

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CHOCOLATE MILK OVERNIGHT OATS

OOH LA LATTE WITH DAIRY MILK