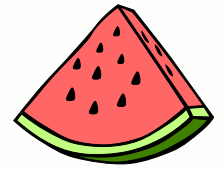


MARATHON TRAINING *is sweeter with*

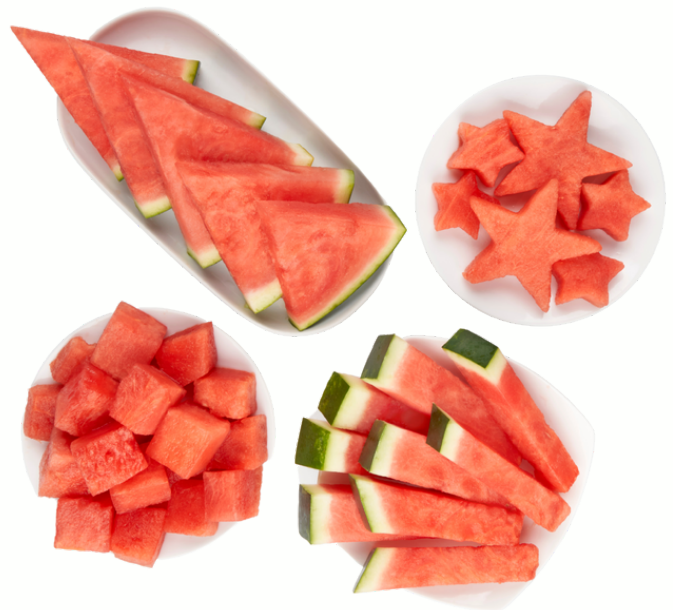


WATERMELON!

Get ready to conquer your marathon! The National Watermelon Promotion Board is thrilled to be part of your running journey, offering you this resource packet with a complimentary training plan, valuable tips, and a couple helpful recipes to fuel your training.

Did you know: Not only is watermelon a summertime staple, but it also offers numerous benefits for runners...

- At **92% water**, watermelon is a delicious way to stay hydrated! Try biting into a sweet slice to rehydrate after a sweaty summer workout.
- Watermelon provides **fresh fuel** for your runs, supplying 21 grams of carbohydrates per 2 cup serving. Carbohydrates provide energy for your muscles during a run.
- Two cups of watermelon provides **25% of your daily Vitamin C needs**, essential for supporting your immune system during training.
- **This melon may help you stay merry** during training! A 2022 National Watermelon Board survey found that 100% of consumers say watermelon makes them happy, and 82% say eating watermelon boosts their mood. Next time your running mojo is flailing, treat yourself to a slice and see if the good vibes return.
- This delicious fruit also contains other helpful compounds like **lycopene** (12.7mg per 2-cup serving) and **L-citrulline** (286-1266mg per 2-cup serving).



ready to start training?



Training Plan Tips

Disclaimer: The training plan on the next page is for informational purposes only and should not be construed as individual training advice. Consult a doctor prior to starting any new exercise program.

Who is this training plan for?

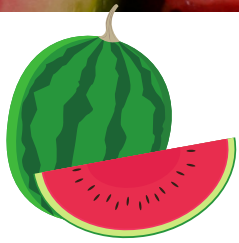
This plan is for any individual that would like to finish a marathon. It's great for beginner runners doing their first marathon or an experienced runner who wants a simple schedule. This plan is not designed to achieve a specific time goal.

What level of fitness do I need to start?

This plan assumes that you can currently run (or run/walk) for 7-8 miles, and have a running history of at least 3 months (meaning you ran several times a week for the last 3 months straight). You should have no injuries or medical conditions that affect your ability to run.

Workout descriptions:

- **EZ Runs** – These are comfortable and should be done at a conversational pace (you could speak to someone in sentences if they were next to you).
- **Long Runs** – These are the longest run of your week. Complete them at a comfortable, conversational pace. You may find that you need to slow your pace slightly compared to shorter easy runs, simply due to the fact that you're covering a longer distance. Try slowing down a bit and/or adding in walking breaks as needed.
- **Marathon Pace** – These are listed as X miles @ Marathon Pace (MP). For example, 4 @ MP = 4 miles at your goal marathon pace.
- **Tempo Pace** – These miles should be run at a "comfortably hard" pace; the pace you could sustain for an hour if pushed. It falls somewhere between 10K pace and half marathon pace, depending on the athlete.
- **Track Intervals** – This plan includes just one type of track interval: 800 meter intervals run at 10K pace. The recovery time varies depending on the week; you can jog or walk the recovery.



4 Month Marathon TRAINING PLAN

Week	Day 1 EZ Run	Day 2 Variable	Day 3 EZ Run	Day 4 Long Run
1	4	1 EZ, 2 @ MP, 1 EZ	3	8
2	4	5 EZ	3	9
3	4	1 EZ, 3 @ MP, 1 EZ	3	5
4	4	5 EZ	3	11
5	4	1 EZ, 2 tempo, 1 EZ	4	12
6	4	4 EZ	4	9
7	5	4 EZ	4	14
8	5	1 EZ, 6x800m @ 10K P, 2 min jog b/t ea, 1 EZ	4	15
9	5	1 EZ, 3 tempo, 1 EZ	4	12
10	5	1 EZ, 4 @ MP, 1 EZ	4	16
11	5	6 EZ	5	17
12	5	1 EZ, 6x800m @ 10K P; 90 sec jog b/t ea, 1 EZ	5	12
13	5	1 EZ, 3 tempo, 1 EZ	5	18
14	5	4 EZ	5	20
15	5	1 EZ, 6x800m @ 10K P; 1 min jog b/t ea, 1 EZ	5	12
16	4	1 EZ, 3 tempo, 1 EZ	4	8
17	4	3 EZ	2	26.2 RACE!

All numbers are in miles, except track intervals in meters.

This plan was created by Chrissy Carroll, RRCA Certified Running Coach and USAT Level I Triathlon Coach.

Marathon Training Q&A

Q

WHEN SHOULD I START FUELING MY RUNS?

When your long runs last more than ~75 minutes, it's a good idea to start to fuel them. Aim for 30-60 grams of carbohydrate per hour, starting around the 30-45 minute mark.

Q

WHAT SHOULD I EAT AFTER A WORKOUT?

If you don't have a meal planned for the next couple hours, try a snack that has both carbohydrates and protein. One of our favs? Coconut Greek yogurt topped with watermelon and chocolate chips!

Q

HOW CAN I AVOID INJURY OR OVERTRAINING?

Build mileage gradually, eat a balanced diet, take rest days, incorporate bodyweight strength training (squats, calf raises, lunges, etc), and listen to your body.

Q

SHOULD I STRETCH BEFORE OR AFTER I RUN?

If you enjoy static stretching, do so **after** a run - not before. Instead, you can warm up with walking and dynamic movements like butt kicks, side lunges, leg swings, high knees, and hip circles.

bonus! two helpful recipes



Homemade Watermelon Sports Drink

This tasty sports drink features carbohydrates and electrolytes to power you through long runs. If your workout is longer than 75 minutes and you are using this as a fuel source, use the sweetener. If the workout is shorter or you have additional fuel, skip the sweetener. *Makes 2 servings of 12 ounces each.*

Ingredients:

- 3 cups chopped watermelon
- 1 cup cold water
- 1 lime, juiced
- 1/4 tsp salt
- 1 tbsp brown rice syrup (or honey or maple syrup)

Instructions:

Blend all ingredients until combined. Pour into a sports drink bottle over ice. Enjoy!

Nutrition analysis (per serving): 111 calories, 0.4 g fat, 315 mg sodium, 28 g carbohydrate, 1.5 g protein, Potassium: 8% (281 mg)



Post-Workout Watermelon Shake

After a long run, enjoy this smoothie that has an ideal blend of carbohydrates and protein to refuel your body. *Makes 1 serving.*

Ingredients:

- 1 cup chopped watermelon
- 1 cup frozen chopped mango
- ¼ cup tart cherry juice
- ½ cup plain nonfat Greek yogurt
- ½ scoop vanilla protein powder (or unflavored)
- 1 tablespoon honey (optional, adjust to more or less according to preferences)

Instructions:

Blend all ingredients until combined and enjoy!

Nutrition analysis (per serving): 404 calories, 2 g fat, 75 mg sodium, 74 g carbohydrate, 27.5 g protein

