

Supplemental Table S1. Sample training schedule

Week number	Weekday Runs (2 days per week) [‡]		Long Run (miles)
	miles	minutes	
1 – 5	1 – 2.5	10 – 35	0
6 – 10*	2 - 4	25 - 50	4 - 6
11 – 15	2.5 - 5	30 - 60	6 – 10
16 – 20*	3 - 6	35 - 60	10 - 14
21 – 27*	3 - 7	35 - 75	14 - 20
28 – 30 [#] (taper)	3 - 5	35 - 50	8 - 12

*Includes participation in an organized road race: 5K (week 6-10), 10K (week 16-20), half-marathon (week 21-27)

[#]Full marathon at the end of week 30

[‡]A third training day is scheduled each week that consists of a strength training program co-designed by the team's coach and physical therapist