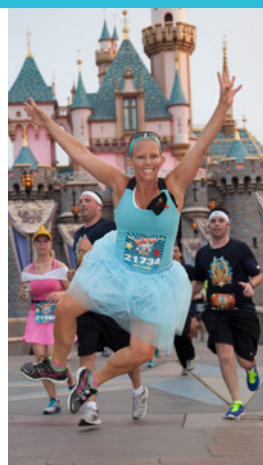




Welcome to your 12-week Runner's World training plan for the Disneyland 1/2 Marathon! Whether you're just trying to cover 13.1 miles in the happiest place on earth, or you are looking to set a new personal best, this guide featuring a mix of long runs, tempo runs, and track workouts will help get you to the start and finish lines fit and injury-free.

RUNNER'S WORLD DISNEYLAND 1/2 MARATHON PLANS





RUNNER'S WORLD

1/2 MARATHON TRAINING KEY

EASY RUNS

Run at a comfortable, conversational pace. Use one of these three methods to determine how fast or slow your easy runs should be:

1. PACE

Plug a recent 5-K time into the Runner's World training paces calculator and use the EASY pace. (runnersworld.com/tools/training-paces-calculator)

2. THE TALK TEST

The pace should feel easy enough to comfortably speak in full sentences. If you're huffing and puffing, you're running too fast. If you can sing, you can pick up the pace.

3. HEART RATE

You can estimate effort based on heart rate. Subtract your age from 220. Then subtract your resting heart rate from that number. Multiply the result by .75. Add back in your resting heart rate. So $[(220 - \text{age}) - \text{resting HR}] \times .75$ and then add back in your resting heart rate. If you are taking blood pressure medication, this may alter your numbers, and this may not be the best way to measure your effort.

LSD LONG RUNS

Run the distance for the day at your easy pace (LSD: Long Slow Distance). Since you're spending more time on your feet than you typically do, be sure to start slowly, with the idea that you're going to finish the distance for the day feeling strong.

TEMPO RUNS

Tempo runs are faster than your easy runs but not as fast a race. They are "comfortably fast". The pace is close to your half marathon goal pace or about 30 seconds per mile slower than your 5-K pace.



TRACK

Track workouts will help boost your speed and fitness and get you accustomed to the level of effort you'll need to put forth on race day. You'll warm up and cool down with easy running. Focus on hitting the pace targets, not exceeding them. A few notes for your track workouts:

- 400 meters is one lap around the track; 800 meters is two laps; 200 meters is half a lap (start at the midpoint of one straight section of the track and run to the midpoint of the other straight section of the track).
- If you don't have access to a track, it's okay to do these workouts on a flat stretch of road where you've measured the distance. Or a last resort would be a treadmill if you don't have a flat stretch of road to work on.
 - 200 meters equals 0.124, or one-eighth of a mile
 - 400 meters equals 0.25, or one-quarter mile
 - 800 meters equals 0.5, or one-half mile

WEDNESDAY INTERVALS: After running Easy for 1-2 miles, perform fast paced running on a track or measured trail.

- 6 x 400 m w/200 m rec means you will run 400 meters at 5-K pace and then run very easy or walk for 200 meters. Repeat that sequence 5 more times -OR-
- 4x 800m w/400 m rec means you will run 800 meters at 5-K pace and then run very easy or walk for 400 meters. Repeat the sequence 3 more times.
- Follow with an easy 1 mile run.

NOTE: An easy way to pace your intervals correctly is to use your goal time for the half as your pace for 400 meters

Example: for Goal Pace of 2:45 for the Disneyland Half.

400 meter pace	2 minutes 45 seconds
800 meter pace	5 minutes 30 seconds
1600 meter pace	11 minutes

THE MAGIC MILE: If you have followed a Jeff Galloway, Run-Walk in the past, you are familiar with the Magic Mile for determining what pace you should run. You will run this "fast" mile during your interval session on week 6. Once you're done with your workout, multiply your time by the following percentages to determine your ultimate paces

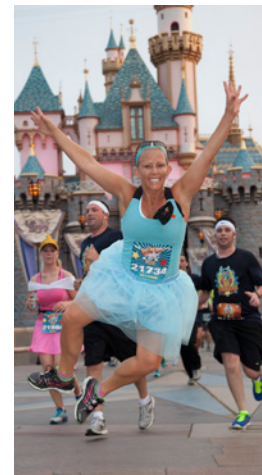
Magic Mile Time

_____ x 1.45 = _____ Long and easy runs

Don't forget to convert tenths to seconds, each .1 equals 6 seconds)

_____ x 1.2 = _____ Tempo and Half Marathon Pace

_____ x 1.1 = _____ Interval pace



RUNNER'S WORLD

1/2 MARATHON TRAINING PLAN

INTERMEDIATE

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 JUNE 15	REST	3 MILES EASY	1 MILE EASY 2 MILES @ TEMPO 1 MILE EASY	REST	3 MILES EASY	REST	6 MILES LSD
2 JUNE 22	REST	3 MILES EASY	1 MILE EASY 3 MILES @ TEMPO 1 MILE EASY	REST	3 MILES EASY	REST	8 MILES LSD
3 JUNE 29	REST	3 MILES EASY	1 MILE EASY 4 MILES @ TEMPO 1 MILE EASY	REST	3 MILES EASY	REST	10 MILES LSD
4 JULY 6	REST	3 MILES EASY	2 MILES EASY 6 X 400M/200M REC 1 MILE EASY	REST	3-4 MILES EASY	REST	2 MILES EASY 4 MILES @ TEMPO 3 MILES EASY
5 JULY 13	REST	3 MILES EASY	2 MILES EASY 4 X 800M/200M REC 1 MILE EASY	REST	3-4 MILES EASY	REST	10-12 MILES LSD
6 JULY 20	REST	3 MILES EASY	2 MILES EASY 2 X 400M/200M REC 1 X 1600M/800M REC 4X400M/200M REC 1 MILE EASY	REST	3-4 MILES EASY	REST	2 MILES EASY 4 MILES @ TEMPO 2 MILES EASY
7 JULY 27	REST	3 MILES EASY	2 MILES EASY 4-6 X 800M/400M REC 1 MILE EASY	REST	4 MILES EASY	REST	12-14 MILES LSD
8 AUG 3	REST	3 MILES EASY	1-2 MILES EASY 3-4 X 1600M/800M REC 1 MILE EASY	REST	4 MILES EASY	REST	2 MILES EASY 6 MILES @ TEMPO 2 MILES EASY
9 AUG 10	REST	3 MILES EASY	1-2 MILES EASY 6 X 800M/400M REC 1 MILE EASY	REST	4 MILES EASY	REST	14-16 MILES LSD
10 AUG 17	REST	3 MILES EASY	1-2 MILES EASY 4 X 1600M/800M REC 1 MILE EASY	REST	3 MILES EASY	REST	2 MILES EASY 6 MILES @ TEMPO 2 MILES EASY
11 AUG 24	REST	3 MILES EASY	2 MILES EASY 8-10 X 800M/400M REC 1 MILE EASY	REST	3 MILES EASY	REST	8 MILES LSD
12 AUG 31	REST	3 MILES EASY	2 MILES EASY 6 X 400M/200M REC 1 MILE EASY	REST	5-K	10-K DUMBO	HALF DOUBLE





RUNNER'S WORLD

1/2 MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 JUNE 15	REST	3 MILES EASY	2 MILES EASY 2 MILES @ TEMPO 2 MILE EASY	0-3 MILES EASY	3-4 MILES EASY	REST	6 MILES LSD
2 JUNE 22	REST	3 MILES EASY	2 MILES EASY 3 MILES @ TEMPO 2 MILES EASY	0-3 MILES EASY	3-4 MILES EASY	REST	8 MILES LSD
3 JUNE 29	REST	3 MILES EASY	1 MILE EASY 4 MILES @ TEMPO 1 MILE EASY	0-3 MILES EASY	3-4 MILES EASY	2 MILES	10 MILES LSD
4 JULY 6	REST	3-4 MILES	2 MILES EASY 6 X 400M/200M REC 1 MILE EASY	0-3 MILES EASY	3-4 MILES EASY	REST	2 MILES EASY 4 MILES @ TEMPO 2 MILES EASY
5 JULY 13	REST	3-4 MILES	2 MILES EASY 4 X 800M/400M REC 1 MILE EASY	0-3 MILES EASY	4 MILES EASY	REST	12 MILES LSD
6 JULY 20	REST	3-4 MILES	2 MILES EASY 2 X 400M/200M REC 1 X 1600M/800M REC 4X400M/200M REC 1 MILE EASY	0-3 MILES EASY	4 MILES EASY	REST	2 MILES EASY 6 MILES @ TEMPO 2 MILES EASY
7 JULY 27	REST	3-4 MILES	2 MILES EASY 6 X 800M/400M REC 2 MILES EASY	0-3 MILES EASY	4 MILES EASY	REST	14 MILES LSD
8 AUG 3	REST	3-4 MILES	2 MILES EASY 4 X 1600M/800M REC 2 MILES EASY	0-3 MILES EASY	5 MILES EASY	REST	2 MILES EASY 6 MILES @ TEMPO 2 MILES EASY
9 AUG 10	REST	3-4 MILES	2 MILES EASY 6 X 800M/400M REC 2 MILES EASY	0-3 MILES EASY	5 MILES EASY	REST	16-18 MILES LSD
10 AUG 17	REST	3-4 MILES	2 MILES EASY 4 X 1600M/800M REC 2 MILES EASY	0-3 MILES EASY	5 MILES EASY	REST	2 MILES EASY 6 MILES @ TEMPO 2 MILES EASY
11 AUG 24	REST	3-4 MILES	2 MILES EASY 8-10 X 800M/400M REC 2 MILES EASY	0-3 MILES EASY	4 MILES EASY	REST	8 MILES LSD
12 AUG 31	REST	3 MILES EASY	2 MILES EASY 6 X 400M/200M REC 2 MILES EASY	0-3 MILES EASY	5-K 2-3	10-K DUMBO	HALF DOUBLE

ADVANCED

