



TRAINING PROGRAM

Time Goal

Goal Date: September 2, 2012

This program is designed for those who have run a half marathon before and want to improve finish time. The minimum training requirement is 3 weekly workouts: 45 minutes on Tuesday and Thursday, and a longer session on the weekend. If you are used to running longer or on more days per week you can continue to do so, as long as you are recovering quickly. For more information, see my book HALF MARATHON at www.JeffGalloway.com.

Jeff Galloway • US Olympian • Official Training Consultant, *runDisney*



TRAINING PROGRAM OVERVIEW

1

The long run is the key to half marathon success. As you increase the length of these, listed below, you prepare to avoid “the wall” on raceday. Recommended pace is at least 2 min/mi slower than your best half marathon during the last year. You cannot go too slowly on the long runs: your goal is simply to finish each one and recover fast.

2

Set a realistic goal: usually no more than 20-30 seconds per mile faster than your best half marathon performance in the past year.

3

Running form: Never sprint during a running segment—keep feet low to the ground, using a light touch of the feet, while avoiding a long stride. Most runners find that an upright posture is best but use what feels natural for you. Let your foot move in it’s natural way. Most runners naturally land on the heel and gently roll off

the midfoot.

4

Walking form: walk with a gentle stride, that is relatively short. Power walking or walking with a long stride, increase injury risk.

5

Slow down in the heat! Surveys have shown that runners tend to slow down 30 seconds per mile for every 5 degrees above 60F. Please make these pace adjustments on the hot long runs and in the race itself (if needed), using more frequent walk breaks to avoid heat stress (according to the table in #6 below). Don’t wear a hat on hot days, try to run before the sun rises above the horizon and pour water over the top of your head.

6

Run-walk-run ratio should correspond to the pace used. Here are suggested strategies:

9 min/mi: run 4 minute/walk 1 minute (4/1)
10 min/mi: 3/1
11 min/mi: 2:30/1
12 min/mi: 2/1
13 min/mi: 1/1
14 min/mi: 30 seconds/30 seconds
15 min/mi: run 30 seconds/walk 45 seconds, or run 20 seconds/walk 40 seconds
16 min/mi: run 20 seconds/walk 40 seconds
17 min/mi: run 15 seconds/walk 45 seconds

7

Two “maintenance runs” (45-60 minutes each) are needed each week to sustain the conditioning needed—usually on Tuesday and Thursday. Maximum recovery occurs when taking a day off from running before each running day. On Tuesday, practice various run-walk-run strategies, at race pace, for 2-4 miles. On Thursday, after the standard warmup, run a “magic mile” as noted in # 15 below.



TRAINING PROGRAM OVERVIEW

8

It is fine to do cross training on Mon, Wed, and Fri. if you wish.

There will be little benefit to your running in doing this, but you'll improve overall fitness. On the cross training days, don't do exercises (as on stair machines) that concentrate effort in the calf muscle.

9

Standard warmup: walk for 2-3 minutes, then, run 1-2 minutes and walk 30-60 seconds for 10 minutes.

Then, gradually increase the amount of running, reducing the amount of walking for 5-10 minutes to the ratio that feels best for you, on that day.

10

Race Day practice. On the Tuesday runs, after the standard warmup, time yourself for 2-4 miles and try to run the pace you want to run on raceday, using the appropriate run-walk-run ratio.

As you use a variety of run-walk-run strategies, you will find the right ratio for you. Many runners

are surprised to find that shorter running segments result in faster times and less fatigue.

11

On Thursday, after the standard warmup, time yourself for 1 mile.

Follow the "magic mile" strategy below.

12

Standard cool down: walk and jog slowly for 10 minutes with a gentle and short stride.

13

Speedwork: 800 meter repeats are included to improve speed. Do the standard warmup, followed by 4 accelerations that gradually

increase to workout pace. Run each 800 meter segment 15 seconds faster than your goal pace for half a mile, and walk for 3 minutes. Then repeat as noted on the schedule.

Example: if goal pace is 10:00, half mile goal pace would be 5:00

800 workout pace would be 4:45

14

Sign up now for the Walt Disney World Marathon! You only need to run 3 days a week, and run a longer run every 2-3 weeks to prepare.

Use my free training plan for this January event at www.RunDisney.com.

15

Magic Mile: I suggest doing this after the standard warmup on Thursday each week. By the end of the training program, multiply your best magic mile time by 1.2 to see what an all-out pace on an ideal day would be, and adjust for temperature and conditions on raceday.

The "Magic Mile" time trial (MM) is a reality check on your goal pace on raceday, and has been the best predictor of current potential per mile pace on an ideal day. Due to weather and crowds on raceday, actual race pace is usually 10-25 seconds/mile slower than the



TRAINING PROGRAM OVERVIEW

predicted pace.

- Use the standard warmup (# 9)
- Run around a track if at all possible (or a very accurately measured one mile segment)
- Time yourself. Start the watch at the beginning, and keep it running until you cross the finish of the one mile segment.
- **On the first MM, don't run all-out: run at a pace that is slightly faster than your current easy pace.**
- Only one MM is done on each day it is assigned.
- On each successive MM (usually 1 week later), your mission is to beat the previous best time.
- Don't ever run so hard that you hurt your feet, knees, etc. Maintain a short stride, picking up the cadence or turnover.
- Jog slowly for the rest of the 45-60 minutes assigned on that day, taking as many walk breaks as you wish.

After you have run 4 of these (not at one time-- on different weekends) you'll see progress and will run them hard enough so that you are huffing and puffing during the second half. Try walking for about 10-15 seconds at the half. Most runners who've reported in after trying it both ways, record a faster time when taking short breaks.

Note: This training advice is given as one runner to another. For medical questions, ask your doctor.

DISNEYLAND® HALF MARATHON TRAINING SCHEDULE

3-Day Training Week: Time Goal / Goal Date: September 2, 2012

For those who have run at least one half marathon and want to run faster.

WEEK 1

TUESDAY May 1	THURSDAY May 3	SATURDAY May 5
40-60 minutes	40-60 minutes	3 miles

WEEK 2

TUESDAY May 8	THURSDAY May 10	SATURDAY May 12
40-60 minutes	40-60 minutes	4 miles

WEEK 3

TUESDAY May 15	THURSDAY May 17	SATURDAY May 19
40-60 minutes	40-60 minutes	5 miles

WEEK 4

TUESDAY May 22	THURSDAY May 24	SATURDAY May 26
40-60 minutes	40-60 minutes	4 x 800

WEEK 5

TUESDAY May 29	THURSDAY May 31	SATURDAY June 2
40-60 minutes	40-60 minutes	7 miles

WEEK 6

TUESDAY June 5	THURSDAY June 7	SATURDAY June 9
40-60 minutes	40-60 minutes	6 x 800



WEEK 7

TUESDAY June 12	THURSDAY June 14	SATURDAY June 16
40-60 minutes	40-60 minutes	9 miles

WEEK 8

TUESDAY June 19	THURSDAY June 21	SATURDAY June 23
40-60 minutes	40-60 minutes	8 x 800

WEEK 9

TUESDAY June 26	THURSDAY June 28	SATURDAY June 30
40-60 minutes	40-60 minutes	11 miles

WEEK 10

TUESDAY July 3	THURSDAY July 5	SATURDAY July 7
40-60 minutes	40-60 minutes	10 x 800

WEEK 11

TUESDAY July 10	THURSDAY July 12	SATURDAY July 14
40-60 minutes	40-60 minutes	13 miles

WEEK 12

TUESDAY July 17	THURSDAY July 19	SATURDAY July 21
40-60 minutes	40-60 minutes	12 x 800



WEEK 13

TUESDAY July 24	THURSDAY July 26	SATURDAY July 28
40-60 minutes	40-60 minutes	15 miles

WEEK 14

TUESDAY July 31	THURSDAY August 2	SATURDAY August 4
40-60 minutes	40-60 minutes	14 x 800

WEEK 15

TUESDAY August 7	THURSDAY August 9	SATURDAY August 11
40-60 minutes	40-60 minutes	17 miles

WEEK 16

TUESDAY August 14	THURSDAY August 16	SATURDAY August 18
40-60 minutes	40-60 minutes	14 x 800

WEEK 17

TUESDAY August 21	THURSDAY August 23	SATURDAY August 25
40-60 minutes	40-60 minutes	5 miles (3 at race pace)

WEEK 18

TUESDAY August 28	THURSDAY August 30	SATURDAY September 2
40-60 minutes	40-60 minutes	DISNEYLAND® HALF MARATHON