



## TRAINING PROGRAM

**For Beginning Runners - Goal date: September 28, 2012**  
**(those who have been running consistently for less than 6 months)**

Thousands of beginning runners have finished distance races, with strength, using this program. Only 3 weekly training days are needed: 30 minutes on Tuesday and Thursday, and a longer session on the weekend. This is a run/walk/run program--meaning that you can run short segments, followed by recovery walks. On half of the weekends, most will be running and walking for an hour or less. For more information, see my book GALLOWAY TRAINING PROGRAMS at [www.JeffGalloway.com](http://www.JeffGalloway.com).

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

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# TRAINING PROGRAM



# OVERVIEW

## **The long run is the key to marathon training.**

As you increase the length of these (using liberal walk breaks) listed below, you extend your endurance barriers and prepare to “go the distance” on raceday. You cannot go too slowly on the long runs: your goal is simply to finish each one with strength. To avoid a slowdown at the end of the race, please finish each one on the schedule—even if you walk most of it.

**No huffing and puffing!** On long runs, you want to be able to carry on a conversation throughout the run—even at the end. A very slow pace, with liberal walk breaks, will allow almost everyone to feel strong on almost every long one. If you’re breathing hard at the end of a long one, you need to adjust to a slower pace with more walk breaks from the beginning of the next one.

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

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

**Slow down in the heat!** Surveys have shown that runners tend to slow down a minute per mile when the temperature is 70F, & an additional minute per mile at 80F. (compared with 60F or below). Please make these pace adjustments on the hot long run days, using more frequent walk breaks to avoid heat stress. 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.

**Time limit for the race is 3:30. The per mile pace to reach this goal is 16 min/mi.** The “magic mile” listed below, will predict current potential on an ideal race day. Long run pace should be at least 2 min/mi slower than current 10 mile potential race pace, predicted by the MM (see below). Please practice running at 15:00 to 15:30 per mile pace during the middle of a Tuesday or a Thursday run each week as noted below, if you think that a 3:30 goal will be challenging.

**Run-walk-run ratio should correspond to the pace used.** If you are just starting to run, try a strategy of (run 5 seconds/walk 55 seconds). If this is too easy, use (10sec run/50 sec walk) for all runs during the first 3 weeks. On long runs, you can continue to use either 5/55 or 10/50. Those who have done regular running in the past can shift to the “To Finish” program after 3-4 weeks.

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**Two 30-minute “maintenance runs” are needed each week** to sustain the conditioning needed—usually on Tuesday and Thursday. Please take a day off from running before each running day. On Tuesday, practice various run-walk-run strategies and enjoy these runs. On designated non-long-run weekends, run the MM as described below.

**Race Day practice.** On a Tuesday and/or a Thursday run each week, after a standard warm-up, time yourself for 2 miles and try to pace at 15:00-15:30 per mile. As you use a variety of run-walk-run strategies, you should find the right ratio for you. A common strategy at this pace is (run 15 sec/walk 45 sec, but some use 20 sec run/40 sec walk, or 30/30). Practice moving over to the side of the road to take your walk breaks--or stay on the side of the road.

**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 enhance the fat burning. On cross training days, don't do exercises that can fatigue the calf muscle, such as stair machines.

**Standard warmup:** walk for 3-5 minutes, then, run for a few seconds and walk for a minute for 5 minutes. Then, gradually increase the amount of running, reducing the amount of walking for 5 minutes—until you reach the ratio that feels comfortable for you.

**On Tuesday, after the standard warmup, try increasing the running portions:** run 10 seconds/walk 50 seconds for 5 or more intervals, then try 15 sec run /walk 45 seconds for 5 repetitions. At this point, take a 2-3 minute walk break and try 20/40 for 5 minutes, walk 2 minutes and try 30/30 for 5 minutes. It is OK to huff and puff a little as you increase the portion of

running. But if the latter strategies are too tough, drop back to a comfortable ratio and complete the 30 minutes by using whatever ratio you wish.

**On Thursday, after the standard warmup, time yourself for 2 miles.** Use a run-walk-run strategy that feels comfortable. Try to run at 15:00 to 15:30 per mile.

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

**Magic Mile:** On the days assigned on the schedule, start with the standard warm-up listed in a bullet above. By the end of the training program you want to run a 12:15 time or faster to predict a sub 16 minute pace on raceday—at 60F. Be sure to adjust pace for temperature increase as noted above, on long runs and on raceday.

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**NOTE:** This is an evening race. I suggest that you run at least two of the longer runs in the evening. This will not only help you prepare for running in the dark but allow you to find the right eating pattern throughout the day leading up to the race.

**The “Magic Mile” time trial (MM) is a reality check on your goal pace on raceday, and has been the best predictor of finishing under the race time limit of 16 minutes per mile.**

- Use the standard warmup, noted above
- Run around a track if at all possible (or a very accurately measured one mile segment)
- Time yourself for 4 laps (1600 meters). Start the watch at the beginning, and keep it running until you cross the finish at 1.0 miles.
- **On the first MM, don’t run all-out: run at a pace that is slightly faster than your current gentle pace.**
- Only one MM is done on each day it is assigned.

- On each successive MM (usually 2 weeks 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 to run faster.
- After the MM, jog slowly for the rest of the distance assigned on that day taking as many walk breaks as you wish.

After you have run 3 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 10-30 seconds after each lap during the MM. Most runners record a faster time when taking short breaks.

Predicted (Ideal Conditions) Pace: Take your best current MM time and multiply by 1.2. This is the fastest pace you could currently expect to run under ideal conditions per mile in a ten 10 race.

Long run pace: should be at least 2 minutes slower than the current predicted all-out race pace.

Adjust for temperature on long runs: At 70F, slow the pace by an additional minute per mile. At 80F, slow down another minute per mile.

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

Sign up now for the super fun *Walt Disney World®* Marathon in January! My free training program, available at [www.runDisney.com](http://www.runDisney.com) requires only 3 runs a week, with long runs only every 2-3 weeks. This goal can keep you motivated after the 10 mile race.

# The Twilight Zone Tower of Terror™ 10-Miler Training Program

**Beginning Runners: For those who are starting to run / Three Day Training Week**

**Tuesday - 30 minutes**

**Thursday - 30 minutes**

**Saturday - Listed below**

## WEEK 1

**TUESDAY**  
May 29

30 minutes

**THURSDAY**  
May 31

30 minutes

**SATURDAY**  
June 2

1 mile  
(run 10 sec/walk 50 sec,  
but walk the first half  
mile if needed)

## WEEK 2

**TUESDAY**  
June 5

30 minutes

**THURSDAY**  
June 7

30 minutes

**SATURDAY**  
June 9

2 miles  
(10/50, but walk the first  
mile if needed)

## WEEK 3

**TUESDAY**  
June 12

30 minutes

**THURSDAY**  
June 14

30 minutes

**SATURDAY**  
June 16

3 miles  
(10/50, but walk the first  
mile if needed)

## WEEK 4

**TUESDAY**  
June 19

30 minutes

**THURSDAY**  
June 21

30 minutes

**SATURDAY**  
June 23

4 miles  
(10/50, but walk the first  
mile if needed)

## WEEK 5

**TUESDAY**  
June 26

30 minutes

**THURSDAY**  
June 28

30 minutes

**SATURDAY**  
June 30

2 miles  
(10/50, 15/45, 20/40  
or 30/30)

## WEEK 6

**TUESDAY**  
July 3

30 minutes

**THURSDAY**  
July 5

30 minutes

**SATURDAY**  
July 7

5 miles  
(10/50 or 15/45)

## WEEK 7

TUESDAY  
July 10

30 minutes

THURSDAY  
July 12

30 minutes

SATURDAY  
July 14

3 miles  
with one Magic Mile

## WEEK 9

TUESDAY  
July 24

30 minutes

THURSDAY  
July 26

30 minutes

SATURDAY  
July 28

3 miles  
with one Magic Mile

## WEEK 11

TUESDAY  
August 7

30 minutes

THURSDAY  
August 9

30 minutes

SATURDAY  
August 11

3 miles  
with one Magic Mile

## WEEK 8

TUESDAY  
July 17

30 minutes

THURSDAY  
July 19

30 minutes

SATURDAY  
July 21

6 miles  
(10/50 or 15/45)

## WEEK 10

TUESDAY  
July 31

30 minutes

THURSDAY  
August 2

30 minutes

SATURDAY  
August 4

7 miles  
(10/50 or 15/45 or 20/40)

## WEEK 12

TUESDAY  
August 14

30 minutes

THURSDAY  
August 16

30 minutes

SATURDAY  
August 18

8 miles  
(10/50 or 15/45 or 20/40)

## WEEK 13

TUESDAY  
August 21

30 minutes

THURSDAY  
August 23

30 minutes

SATURDAY  
August 25

3 miles  
(practice strategy  
that has worked on  
Thursdays)

## WEEK 15

TUESDAY  
September 4

30 minutes

THURSDAY  
September 6

30 minutes

SATURDAY  
September 8

3 miles  
with one Magic Mile

## WEEK 17

TUESDAY  
September 18

30 minutes

THURSDAY  
September 20

30 minutes

SATURDAY  
September 22

3 miles  
(practice strategy  
that has worked on  
Thursdays)

## WEEK 14

TUESDAY  
August 28

30 minutes

THURSDAY  
August 30

30 minutes

SATURDAY  
September 1

9.5 miles

## WEEK 16

TUESDAY  
September 11

30 minutes

THURSDAY  
September 13

30 minutes

SATURDAY  
September 15

11 miles

## WEEK 18

TUESDAY  
September 25

30 minutes

THURSDAY  
September 27

30 minutes

SATURDAY  
September 29

*The Twilight Zone Tower  
of Terror™ 10-Miler*

## WEEK 19

TUESDAY  
October 2

30 minutes

THURSDAY  
October 4

30 minutes

SATURDAY  
October 6

*Sign up for the Walt  
Disney World® Marathon  
(Jan 10-13, 2013)*