



TRAINING PROGRAM

Time Goal - Goal date: September 28, 2012

This program is designed for those who have already finished a distance race of 10 miles or more and want to run faster. Only 3 weekly training days are needed: @ 45 minutes on Tuesday and Thursday, and a longer session on the weekend. For more information, see my book GALLOWAY TRAINING PROGRAMS at 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 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 or 10 mile pace during the last year. You cannot go too slowly on the long runs: your goal is simply to finish each one and recover fast.

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

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 its natural way. Most runners naturally 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 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 pace per mile chart in the next bullet). 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.

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

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 warm-up, run a “magic mile” as noted below.

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.

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Standard warm-up: 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.

Race Day practice. On the Tuesday runs, after the standard warm-up, 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.

On Thursday, after the standard warm-up, time yourself for 1 mile. Follow the “magic mile” strategy below.

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

Speedwork: 800 meter (half mile) repeats are included to improve speed. Do the standard warm-up, 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

Magic Mile: I suggest doing this after the standard warm-up 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.

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 help you adjust your nutrition 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 current potential per mile pace on an ideal day.

- Use the standard warmup, noted above
- Run around a track if at all possible (or a very accurately measured segment)
- Time yourself for 4 laps (1600 meters or one mile). Start the watch at the beginning, and keep it running until you cross the finish of the 4th lap.
- **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.

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- On each successive MM, 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 30 minutes 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. For prediction purposes, you want to finish, feeling like you couldn't go much further at that pace. Try walking for about 10-15 seconds after each lap during the MM. Most runners who've reported in after trying it both ways, record a faster time when taking short walk breaks.

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

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

For those who have run a 10-mile or longer race and want to run faster / Three Day Training Week

Tuesday - 45 minutes

Thursday - 45 minutes

Saturday - Listed below

WEEK 1

TUESDAY
May 29

45 minutes

THURSDAY
May 31

45 minutes

SATURDAY
June 2

4 miles

WEEK 2

TUESDAY
June 5

45 minutes

THURSDAY
June 7

45 minutes

SATURDAY
June 9

5 miles
with Magic Mile

WEEK 3

TUESDAY
June 12

45 minutes

THURSDAY
June 14

45 minutes

SATURDAY
June 16

6 miles
with Magic Mile

WEEK 4

TUESDAY
June 19

45 minutes

THURSDAY
June 21

45 minutes

SATURDAY
June 23

7 miles

WEEK 5

TUESDAY
June 26

45 minutes

THURSDAY
June 28

45 minutes

SATURDAY
June 30

3 miles
with Magic Mile

WEEK 6

TUESDAY
July 3

45 minutes

THURSDAY
July 5

45 minutes

SATURDAY
July 7

8.5 miles

WEEK 7

TUESDAY July 10	THURSDAY July 12	SATURDAY July 14
45 minutes	45 minutes	4 x 800

WEEK 8

TUESDAY July 17	THURSDAY July 19	SATURDAY July 21
45 minutes	45 minutes	10 miles

WEEK 9

TUESDAY July 24	THURSDAY July 26	SATURDAY July 28
45 minutes	45 minutes	6 x 800

WEEK 10

TUESDAY July 31	THURSDAY August 2	SATURDAY August 4
45 minutes	45 minutes	11.5 miles

WEEK 11

TUESDAY August 7	THURSDAY August 9	SATURDAY August 11
45 minutes	45 minutes	8 x 800

WEEK 12

TUESDAY August 14	THURSDAY August 16	SATURDAY August 18
45 minutes	45 minutes	13 miles

WEEK 13

TUESDAY
August 21

45 minutes

THURSDAY
August 23

45 minutes

SATURDAY
August 25

10 x 800

WEEK 14

TUESDAY
August 28

45 minutes

THURSDAY
August 30

45 minutes

SATURDAY
September 1

14.5 miles

WEEK 15

TUESDAY
September 4

45 minutes

THURSDAY
September 6

45 minutes

SATURDAY
September 8

12 x 800

WEEK 16

TUESDAY
September 11

45 minutes

THURSDAY
September 13

45 minutes

SATURDAY
September 15

16 miles

WEEK 17

TUESDAY
September 18

45 minutes

THURSDAY
September 20

45 minutes

SATURDAY
September 22

4 miles
with Magic Mile

WEEK 18

TUESDAY
September 25

45 minutes

THURSDAY
September 27

45 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)*