



PRESENTED BY CIGNA

TRAINING PROGRAM

For Experienced Runners

(those who have been running consistently for less than 6 months)

Time Goal

This program is designed for those who have run a marathon before and want to improve their 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 more days per week you can continue to do so, as long as you are recovering quickly. For more information, see my book GALLOWAY TRAINING PROGRAMS at www.JeffGalloway.com.

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

TRAINING PROGRAM OVERVIEW



1

The long run is the key to marathon success.

As you increase the distance of these, listed below, you push back your endurance barriers and prepare yourself to avoid “the wall” on raceday. Recommended pace is at least 2 min/mi slower than your best 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

To begin this program, you should have run a long run of at least 4 miles during the last two weeks in June.

If you were not at that distance, simply walk the first 2 miles of the 5.5 mile run on July 3.

3

Set a realistic goal: 20-30 seconds per mile faster than your best marathon performance in the past year is the most improvement that most runners can achieve in 6 months.

4

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 its natural way. Most runners naturally land on the heel and gently roll off the midfoot.

5

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

6

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 #7). 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.

7

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

8

Two “maintenance runs” are needed each week to sustain the conditioning needed—usually

TRAINING PROGRAM OVERVIEW



on Tuesday and Thursday. Maximum recovery occurs when taking a day off from running before each running day. On Tuesday and or Thursday, practice various run-walk-run strategies, at race pace, for 2-4 miles.

9

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 increase your fat burning. On the cross training days, don't do exercises like stair machines that concentrate effort in the calf muscle.

10

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, so that you are comfortable with the pace on that run.

11

Race Day practice. On the Tuesday and/or Thursday 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. It is often surprising to find that shorter running segments result in faster times and less fatigue.

12

On Thursday, run another "race day practice" run, as in # 11. You can also run, untimed, on a hilly course to strengthen the running muscles. After the standard warmup, run up and down 3-6 hills, at a pace similar to your goal pace.

13

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

14

Speedwork: one mile repeats are included to improve speed. Do the standard warmup, followed by 4 accelerations that gradually increase to workout pace. Run each one mile segment 30 seconds faster than your goal pace, and walk for 5 minutes. Then repeat as noted on the schedule.

15

Magic Mile: I suggest doing this after the standard warmup on the days noted on the schedule below. By the end of the training program, multiply your best magic mile time by 1.3 to see what an all-out pace on an ideal day would be, and adjust for temperature and crowd slowdown 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.

TRAINING PROGRAM OVERVIEW



- Use the standard warmup (# 10)
- 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 gentle 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 mileage 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 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.

WALT DISNEY WORLD® MARATHON TRAINING SCHEDULE

3-Day Training Week: For Experienced Runners / Time Goal

WEEK 1

TUESDAY
June 28

45 minutes

THURSDAY
June 30

45 minutes

SATURDAY
July 2

5.5 miles

WEEK 2

TUESDAY
July 5

45 minutes

THURSDAY
July 7

45 minutes

SATURDAY
July 9

7 miles

WEEK 3

TUESDAY
July 12

45 minutes

THURSDAY
July 14

45 minutes

SATURDAY
July 16

3 miles

WEEK 4

TUESDAY
July 19

45 minutes

THURSDAY
July 21

45 minutes

SATURDAY
July 23

9 miles

WEEK 5

TUESDAY
July 26

45 minutes

THURSDAY
July 28

45 minutes

SATURDAY
July 30

4 miles

WEEK 6

TUESDAY
August 2

45 minutes

THURSDAY
August 4

45 minutes

SATURDAY
August 6

11 miles

WEEK 7

TUESDAY August 9	THURSDAY August 11	SATURDAY August 13
45 minutes	45 minutes	4 miles

WEEK 8

TUESDAY August 16	THURSDAY August 18	SATURDAY August 20
45 minutes	45 minutes	13 miles

WEEK 9

TUESDAY August 23	THURSDAY August 25	SATURDAY August 27
45 minutes	45 minutes	5 miles

WEEK 10

TUESDAY August 30	THURSDAY September 1	SATURDAY September 3
45 minutes	45 minutes	15 miles

WEEK 11

TUESDAY September 6	THURSDAY September 8	SATURDAY September 10
45 minutes	45 minutes	4 x 1 mile

WEEK 12

TUESDAY September 13	THURSDAY September 15	SATURDAY September 17
45 minutes	45 minutes	17 miles

WEEK 13

TUESDAY
September 20

45 minutes

THURSDAY
September 22

45 minutes

SATURDAY
September 24

6 x 1 mile

WEEK 14

TUESDAY
September 27

45 minutes

THURSDAY
September 29

45 minutes

SATURDAY
October 1

7 miles with Magic Mile
or run the Disney Wine &
Dine Half Marathon

WEEK 15

TUESDAY
October 4

45 minutes

THURSDAY
October 6

45 minutes

SATURDAY
October 8

20 miles

WEEK 16

TUESDAY
October 11

45 minutes

THURSDAY
October 13

45 minutes

SATURDAY
October 15

8 x 1 mile

WEEK 17

TUESDAY
October 18

45 minutes

THURSDAY
October 20

45 minutes

SATURDAY
October 22

7 miles
with Magic Mile

WEEK 18

TUESDAY
October 25

45 minutes

THURSDAY
October 27

45 minutes

SATURDAY
October 29

23 miles

WEEK 19

TUESDAY
November 1

45 minutes

THURSDAY
November 3

45 minutes

SATURDAY
November 5

10 x 1 mile

WEEK 20

TUESDAY
November 8

45 minutes

THURSDAY
November 10

45 minutes

SATURDAY
November 12

7 miles
with Magic Mile

WEEK 21

TUESDAY
November 15

45 minutes

THURSDAY
November 17

45 minutes

SATURDAY
November 19

26 miles

WEEK 22

TUESDAY
November 22

45 minutes

THURSDAY
November 24

45 minutes

SATURDAY
November 26

12 x 1 mile

WEEK 23

TUESDAY
November 29

45 minutes

THURSDAY
December 1

45 minutes

SATURDAY
December 3

7 miles
with Magic Mile

WEEK 24

TUESDAY
December 6

45 minutes

THURSDAY
December 8

45 minutes

SATURDAY
December 10

29 miles

WEEK 25

TUESDAY
December 13

45 minutes

THURSDAY
December 15

45 minutes

SATURDAY
December 17

14 x 1 mile

WEEK 26

TUESDAY
December 20

45 minutes

THURSDAY
December 22

45 minutes

SATURDAY
December 24

7 miles

WEEK 27

TUESDAY
December 27

45 minutes

THURSDAY
December 29

45 minutes

SATURDAY
December 31

7 miles

WEEK 28

TUESDAY
January 3

45 minutes

THURSDAY
January 5

45 minutes

SUNDAY
January 8

Walt Disney World
Marathon