



2013 TRAINING PROGRAM

For Experienced Runners

(those who have been running for at least 6 months)

GOAL: To Finish - Half on 1/12/13 and Full Marathon on 1/13/13

This proven training program has led thousands of runners across the finish line, while reducing the chance of injury to almost zero. Only 3 weekly training days are needed: 30-45 minutes on Tuesday and Thursday, and a longer session on the weekend. On some weekends there is a long walk on Saturday followed by the long run on Sunday—to prepare for race weekend. For more information, see my book *GALLOWAY TRAINING PROGRAMS* at

www.JeffGalloway.com.

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TRAINING PROGRAM OVERVIEW

1

The long weekend sessions are the key to success in "The Goofy". As you increase the

distance of a long walk on Saturday, followed by a long run on Sunday, the body prepares to "go the distance" in both events, on race weekend. You can't go too slowly during either the walk or the run: your goal is simply to finish each one with strength. On the Sunday runs, the pace should be at least 2 minutes per mile slower than you could currently run a fast marathon. See the "magic mile" section below for more information.

2

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.

3

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.

4

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

5

Slow down in the heat! Surveys have shown that runners tend to slow down a minute per mile when the temperature increases to 70F, and an additional minute per mile at 80F. 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.

6

Time limit for the half marathon (1/12/13) is 3:30, and for the marathon (1/13/13) is 7:00. The per mile pace to reach this goals

is 16 min/mi. The "magic mile" listed in #15, will tell you what would be expected as a per mile pace on raceday. Don't worry if your comfortable long run pace is slower than 16 min/mi. The results of the "magic mile" will tell you what is realistic on raceday. Please practice 15:00 to 15:30 per mile pace during the middle of a Tuesday run each week as noted in # 12. On Thursday, if you are concerned about maintaining a 16 min/mi pace on raceday, it is best to do a timed walk for 2-3 miles (16:00), inserting 10-20 seconds of running into each minute (read # 13).



TRAINING PROGRAM OVERVIEW

7

By inserting strategic walk breaks from the beginning of long runs you can significantly reduce fatigue. The run-walk-run ratio

should correspond to the pace used. (remember to slow down at least 2 min/mi slower than current predicted fast marathon pace). 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" of 30-45 minutes each, will sustain the conditioning needed. Most

commonly, these are done on Tuesday and Thursday. Each runner can choose the pace or the run-walk-run ratio for each of these runs.

9

Race Day practice. During the middle of a Tuesday run each week, after the standard warmup, time yourself for 2 miles and run a pace that you feel is realistic on race day. If you are concerned about the 16 minutes/mile needed to finish before the closing of the course, practice running at 15-15:30 per mile. During these segments, use a variety of run-walk-run strategies to find the right ratio for you. On Thursday, time yourself, for a 2 mile segment, mostly walking as noted in # 13.

10

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 like stair machines that concentrate effort in the calf muscle.

11

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 that day.

12

On Tuesday, after the standard warmup, try increasing the running portions. For example, if you are currently running a minute/walking a minute, try a few rotations of run 2 minutes/walk 1 minute. 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: 30sec run-30 sec walk, 20/40 or 15/45.



TRAINING PROGRAM OVERVIEW

13

On Thursday, after the standard warmup, time yourself for 2 - 3 miles, at the pace you want to run on raceday, using the

appropriate run-walk-run strategy. If you are concerned about maintaining a 16 min/mi pace, walk at a comfortable but good pace (short stride, quick turnover) inserting 10-20 seconds of running every minute to maintain a pace that is slightly below 16 minutes per mile.

14

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

15

Magic Mile: I suggest doing this after the standard warmup on the weekends noted on the schedule. By the end of the training program you want to run a time of 11:15 or faster to predict a finish time below 7:00 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 finishing under the race time limit of 7:00.

- Use the standard warmup (# 11)
- 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 2-3 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 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 beginning runners record a faster time when taking short breaks.

Predicted All-Out Effort Pace: Take your best current MM time and multiply by 1.4. This is the fastest pace you could currently expect to run under ideal conditions per mile in the marathon.

*Long run pace: should be at least 2 minutes slower than the current predicted marathon pace.

*Adjust for temperature: 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.

GOOFY'S RACE AND A HALF CHALLENGE TRAINING SCHEDULE

3-Day Training Week: For runners who have been running for at least 6 months

WEEK 1

TUESDAY July 3	THURSDAY July 5	SATURDAY July 7
30-45 minutes	30-45 minutes	3 miles

WEEK 2

TUESDAY July 10	THURSDAY July 12	SATURDAY July 14
30-45 minutes	30-45 minutes	4 miles

WEEK 3

TUESDAY July 17	THURSDAY July 19	SATURDAY July 21
30-45 minutes	30-45 minutes	3 miles

WEEK 4

TUESDAY July 24	THURSDAY July 26	SATURDAY July 28
30-45 minutes	30-45 minutes	5.5 miles

WEEK 5

TUESDAY July 31	THURSDAY August 2	SATURDAY August 4
30-45 minutes	30-45 minutes	3 miles

WEEK 6

TUESDAY August 7	THURSDAY August 9	SATURDAY August 11
30-45 minutes	30-45 minutes	7 miles

WEEK 7

TUESDAY
August 14

30-45 minutes

THURSDAY
August 16

30-45 minutes

SATURDAY
August 18

3 miles

WEEK 8

TUESDAY
August 21

30-45 minutes

THURSDAY
August 23

30-45 minutes

SATURDAY
August 25

9 miles

WEEK 9

TUESDAY
August 28

30-45 minutes

THURSDAY
August 30

30-45 minutes

SATURDAY
September 1

3 miles

WEEK 10

TUESDAY
September 4

30-45 minutes

THURSDAY
September 6

30-45 minutes

SATURDAY
September 8

11 miles

WEEK 11

TUESDAY
September 11

30-45 minutes

THURSDAY
September 13

30-45 minutes

SATURDAY
September 15

3 miles

WEEK 12

TUESDAY
September 18

30-45 minutes

THURSDAY
September 20

30-45 minutes

SATURDAY
September 22

walk 4 miles

SUNDAY
September 23

13 miles run/walk

WEEK 13

TUESDAY September 25	THURSDAY September 27	SATURDAY September 29
30-45 minutes	30-45 minutes	3 miles

WEEK 14

TUESDAY October 2	THURSDAY October 4	SATURDAY October 6	SUNDAY October 7
30-45 minutes	30-45 minutes	walk 5.5 miles	15 miles

WEEK 15

TUESDAY October 9	THURSDAY October 11	SATURDAY October 13
30-45 minutes	30-45 minutes	3 miles

WEEK 16

TUESDAY October 16	THURSDAY October 18	SATURDAY October 20	SUNDAY October 21
30-45 minutes	30-45 minutes	walk 7 miles	17 miles run/walk

WEEK 17

TUESDAY October 23	THURSDAY October 25	SATURDAY October 27
30-45 minutes	30-45 minutes	5 miles

WEEK 18

TUESDAY October 30	THURSDAY November 1	SATURDAY November 3
30-45 minutes	30-45 minutes	6 miles with Magic Mile

WEEK 19

TUESDAY November 6	THURSDAY November 8	SATURDAY November 10	SUNDAY November 11
30-45 minutes	30-45 minutes	8.5 mile walk	20 miles run/walk

WEEK 20

TUESDAY November 13	THURSDAY November 15	SATURDAY November 17
30-45 minutes	30-45 minutes	6 miles

WEEK 21

TUESDAY November 20	THURSDAY November 22	SATURDAY November 24
30-45 minutes	30-45 minutes	7 miles with Magic Mile

WEEK 22

TUESDAY November 27	THURSDAY November 29	SATURDAY December 1	SUNDAY December 2
30-45 minutes	30-45 minutes	10 mile walk	23 miles

WEEK 23

TUESDAY December 4	THURSDAY December 6	SATURDAY December 8
30-45 minutes	30-45 minutes	6 miles

WEEK 24

TUESDAY December 11	THURSDAY December 13	SATURDAY December 15
30-45 minutes	30-45 minutes	7 miles with Magic Mile

WEEK 25

TUESDAY December 18	THURSDAY December 20	SATURDAY December 22	SUNDAY December 23
30-45 minutes	30-45 minutes	12 mile walk	26 miles run/walk

WEEK 26

TUESDAY December 25	THURSDAY December 27	SATURDAY December 29
30-45 minutes	30-45 minutes	6 miles

WEEK 27

TUESDAY January 1	THURSDAY January 3	SATURDAY January 5
30-45 minutes	30-45 minutes	7 miles

WEEK 28

TUESDAY January 8	THURSDAY January 10	SATURDAY January 12	SUNDAY January 13
30-45 minutes	30-45 minutes	<i>Walt Disney World®</i> Half Marathon	<i>Walt Disney World®</i> Marathon

WEEK 29

TUESDAY January 15	THURSDAY January 17	SATURDAY January 19
30-45 minutes	30-45 minutes	3 miles