

TRAINING PROGRAM

For Experienced Runners

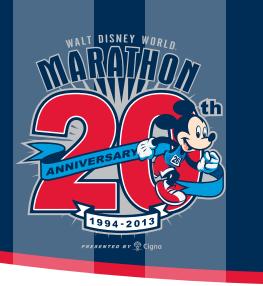
(For runners who have been running for at least 6 months)

GOAL: To Finish In The Upright Position

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 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.

Jeff Galloway • US Olympian • Official Training Consultant, runDisney

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TRAINING PROGRAM OVERVIEW EXPERIENCED RUNNER

The long run is the key to marathon training. As you increase the distance of these, listed below, you push back your endurance barriers and prepare yourself to "go the distance" on raceday. You can't go too slowly on the long runs: your goal is simply to finish each one with strength. Generally, you want to slow down at least 2 minutes per mile slower than you could currently run a marathon. See the "magic mile" section in #15 for more information.

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.

No huffing and puffing! On long

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 it's 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.

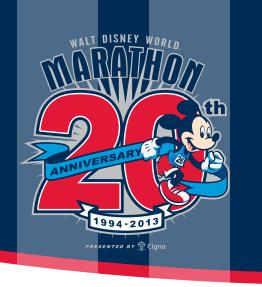
Slow down in the heat! Surveys have shown that runners tend to slow down a minute per mile when the temperature increases from 60F or below to 70F, and an additional minute per mile at 80F. Please make these pace adjustments on the hot long run days, using more frequent walk

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.

Time limit for the race is 7:00.
The per mile pace to reach this goal is 16 min/mi. The "magic mile" listed below, 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 or a Thursday run each week as noted in # 9.

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. Suggested



NING PROGRAM **EXPERIENCED RUNNER**

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" 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.

> Race Day practice. On a Tuesday and/or a Thursday 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.

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.

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. For example, if you are currently running a minute/

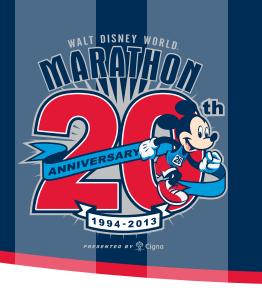
walking a minute, try a few rotations of run 2 minutes/walk 1 minute. It is OK to huff and puff a little as you increase the portion of running. But if the latter strategies are too tough, drop back to a comfortable ratio and complete the 30 minutes by using whatever ratio you wish.

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 if you suspect that 16 minutes might be a challenge on raceday.

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

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TRAINING PROGRAM OVERVIEW EXPERIENCED RUNNER

Magic Mile: I suggest doing this after the standard warmup on the non long run weekends. 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 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 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.

WALT DISNEY WORLD® MARATHON TRAINING SCHEDULE

3-Day Training Week: For Experienced Runners / GOAL: To Finish

	WEEK 1			WEEK 2
TUESDAY July 3	THURSDAY July 5	SATURDAY July 7	TUESDAY July 10	THURSDAY July 12
0-45 minutes	30-45 minutes	3 miles	30-45 minutes	30-45 minutes
	- WEEK 3			- WEEK 4
TUECDAY		CATUDDAV	THECOAV	
TUESDAY July 17	THURSDAY July 19	SATURDAY July 21	TUESDAY July 24	THURSDAY July 26
)-45 minutes	30-45 minutes	3 miles	30-45 minutes	30-45 minutes
	WEEK 5			WEEK 6
TUESDAY July 31	THURSDAY August 2	SATURDAY August 4	TUESDAY August 7	THURSDAY August 9
30-45 minutes	30-45 minutes	3 miles	30-45 minutes	30-45 minutes

	WEEK 7		-	WEEK 8	
TUESDAY August 14	THURSDAY August 16	SATURDAY August 18	TUESDAY August 21	THURSDAY August 23	SATURDAY August 25
30-45 minutes	30-45 minutes	4 miles	30-45 minutes	s 30-45 minutes	9 miles
-	WEEK 9		-	WEEK 10	
TUESDAY August 28	THURSDAY August 30	SATURDAY September 1	TUESDAY September 4	THURSDAY September 6	SATURDAY September 8
30-45 minutes	30-45 minutes	4 miles	30-45 minutes	s 30-45 minutes	11 miles
-	WEEK 11		-	WEEK 12	
TUESDAY September 11	THURSDAY September 13	SATURDAY September 15	TUESDAY September 18	THURSDAY September 20	SATURDAY September 22
30-45 minutes	30-45 minutes	4 miles	30-45 minutes	s 30-45 minutes	13 miles

	WEEK 13		<u> </u>	WEEK 14	
TUESDAY September 25	THURSDAY September 27	SATURDAY September 29	TUESDAY October 2	THURSDAY October 4	SATURDAY October 6
30-45 minutes	30-45 minutes	4 miles	30-45 minutes	30-45 minutes	15 miles
	- WEEK 15		<u> </u>	WEEK 16	
TUESDAY October 9	THURSDAY October 11	SATURDAY October 13	TUESDAY October 16	THURSDAY October 18	SATURDAY October 20
30-45 minutes	30-45 minutes	4 miles	30-45 minutes	30-45 minutes	17 miles
	WEEK 17			WEEK 18	
TUESDAY October 23	THURSDAY October 25	SATURDAY October 27	TUESDAY October 30	THURSDAY November 1	SATURDAY November 3
30-45 minutes	30-45 minutes	5 miles	30-45 minutes	30-45 minutes	6 miles with Magic M

-	WEEK 19			WEEK 20	
TUESDAY November 6	THURSDAY November 8	SATURDAY November 10	TUESDAY November 13	THURSDAY November 15	SATURDAY November 1
30-45 minutes	30-45 minutes	20 miles	30-45 minutes	30-45 minutes	6 miles
<u> </u>	WEEK 21			WEEK 22	
TUESDAY November 20	THURSDAY November 22	SATURDAY November 24	TUESDAY November 27	THURSDAY November 29	SATURDAY December 1
30-45 minutes	30-45 minutes	7 miles with Magic Mile	30-45 minutes	30-45 minutes	23 miles
	WEEK 23		l —	WEEK 24	
TUESDAY December 4	THURSDAY December 6	SATURDAY December 8	TUESDAY December 11	THURSDAY December 13	SATURDAY December 1
30-45 minutes	30-45 minutes	6 miles	30-45 minutes	30-45 minutes	7 miles with Magic M

	WEEK 25		
TUESDAY December 18	THURSDAY December 20	SATURDAY December 22	
30-45 minutes	30-45 minutes	26 miles	
	WEEK 27		
TUESDAY January 1	THURSDAY January 3	SATURDAY January 5	
30-45 minutes	30-45 minutes	7 miles	
	WEEK 29		
TUESDAY January 15	THURSDAY January 17	SATURDAY January 19	
30-45 minutes	30-45 minutes	3 miles	

	WEEK 26	
TUESDAY December 25	THURSDAY December 27	SATURDAY December 29
30-45 minutes	30-45 minutes	6 miles
	WEEK 28	
TUESDAY January 8	THURSDAY January 10	SUNDAY January 13
30-45 minutes	30-45 minutes	Walt Disney World® Marathon