

#### TRAINING PROGRAM

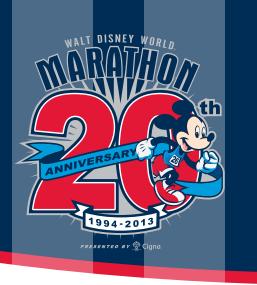
#### **For Experienced Runners**

(For runners who have been running for at least 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 TIME GOAL

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.

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 7.

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.

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 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

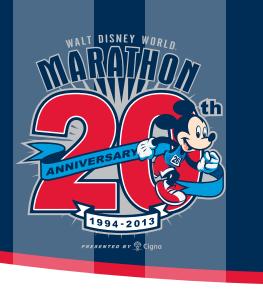
15 min/mi: run 30 seconds/walk 45 seconds, or run

20 seconds/walk 40 seconds

16 min/mi: run 20 seconds/walk 40 seconds 17 min/mi: run 15 seconds/walk 45 seconds



Two "maintenance runs" are needed each week to sustain the conditioning needed-usually



# TRAINING PROGRAM OVERVIEW TIME GOAL

the schedule.

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.

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 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

of running, reducing the amount of walking, so that you are comfortable with the pace on that run. 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.

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.

slowly for and short

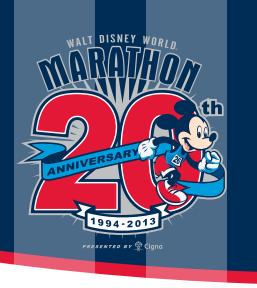
**Standard cool down:** walk and jog slowly for 10 minutes with a gentle and short stride.

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

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 TIME GOAL

- 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			WEEK 2	
TUESDAY July 3	THURSDAY July 5	SATURDAY July 7	TUESDAY July 10	THURSDAY July 12	SATURDAY July 14
45 minutes	45 minutes	5.5 miles	45 minutes	45 minutes	7 miles
	- WEEK 3			- WEEK 4	
TUESDAY July 17	THURSDAY July 19	SATURDAY July 21	TUESDAY July 24	THURSDAY July 26	SATURDAY July 28
45 minutes	45 minutes	3 miles	45 minutes	45 minutes	9 miles
	- WEEK 5			- WEEK 6	
TUESDAY July 31	THURSDAY August 2	SATURDAY August 4	TUESDAY August 7	THURSDAY August 9	SATURDAY August 11
45 minutes	45 minutes	4 miles	45 minutes	45 minutes	11 miles

	- WEEK 7			WEEK 8	
TUESDAY August 14	THURSDAY August 16	SATURDAY August 18	TUESDAY August 21	THURSDAY August 23	SATURDAY August 25
45 minutes	45 minutes	4 miles	45 minutes	45 minutes	13 miles
	- WEEK 9		1	- WEEK 10	
TUESDAY	THURSDAY	SATURDAY Sontombor 1	TUESDAY Sontombor 1	THURSDAY	SATURDAY
August 28 45 minutes	August 30 45 minutes	September 1 5 miles	September 1 45 minutes	September 6 45 minutes	September 8 15 miles
	- WEEK 11			WEEK 12	
TUESDAY September 11	THURSDAY September 13	SATURDAY September 15	TUESDAY September 18	THURSDAY September 20	SATURDAY September 22
45 minutes	45 minutes	4 x 1 mile	45 minutes	45 minutes	17 miles

	WEEK 13	
TUESDAY September 25	THURSDAY September 27	SATURDAY September 29
45 minutes	45 minutes	6 x 1 mile
	WEEK 15	
TUESDAY October 9	THURSDAY October 11	SATURDAY October 13
45 minutes	45 minutes	20 miles
	- WEEK 17	
TUESDAY October 23	THURSDAY October 25	SATURDAY October 27
45 minutes	45 minutes	7 miles with Magic Mile

	WEEK 19		-	WEEK 20	
TUESDAY November 6	THURSDAY November 8	SATURDAY November 10	TUESDAY November 13	THURSDAY November 15	SATURDAY November 1
45 minutes	45 minutes	10 x 1 mile	45 minutes	45 minutes	7 miles with Magic M
-	WEEK 21			WEEK 22	
TUESDAY November 20	THURSDAY November 22	SATURDAY November 24	TUESDAY November 27	THURSDAY November 29	SATURDAY December 1
45 minutes	45 minutes	26 miles	45 minutes	45 minutes	12 x 1 mile
<del> </del>	- WEEK 23		1	WEEK 24	
TUESDAY December 4	THURSDAY December 6	SATURDAY December 8	TUESDAY December 11	THURSDAY December 13	SATURDAY December 1
45 minutes	45 minutes	7 miles with Magic Mile	45 minutes	45 minutes	29 miles

	WEEK 25		
TUESDAY December 18	THURSDAY December 20	SATURDAY December 22	
45 minutes	45 minutes	14 x 1 mile	
	WEEK 27		
TUESDAY January 1	THURSDAY January 3	SATURDAY January 5	
45 minutes	45 minutes	7 miles	
	- WEEK 29		
TUESDAY January 15	THURSDAY January 17	SATURDAY January 19	
45 minutes	45 minutes	3 miles	

———— WEEK 26 ———			
TUESDAY December 25	THURSDAY December 27	SATURDAY December 29	
45 minutes	45 minutes	7 miles	
	WEEK 28		
TUESDAY January 8	THURSDAY January 10	SUNDAY January 13	
45 minutes	45 minutes	Walt Disney World® Marathon	