



## 2013 TRAINING PROGRAM

**GOAL: Beginning Runner / GOAL DATE: February 24, 2013**

Thousands of beginning runners have finished half marathons, with strength, using this program. Only 3 weekly training days are needed: 30 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 HALF MARATHON at [www.JeffGalloway.com](http://www.JeffGalloway.com).

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# TRAINING PROGRAM OVERVIEW

## BEGINNING RUNNER

■ The long run is the key to half marathon training. As you increase the distance of these, listed below, you push back your endurance barriers and prepare to “go the distance” on raceday. You cannot go too slowly on the long runs: your goal is simply to finish each one with strength. Generally, you want to slow down 3 minutes per mile slower than you could currently run a half marathon. See the “magic mile” section below for more information.

■ 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.

■ 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.

■ 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 is 70F, and an additional minute per mile at 80F. (compared with 60F or below). 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 3:30. The per mile pace to reach this goal is 16 min/mi. The “magic mile” listed below, will predict current potential

on an ideal race day. Long run pace should be at least 2 min/mi slower than current half marathon race pace, predicted by the Magic Mile. Please practice running at 15:00 to 15:30 per mile pace during the middle of a Tuesday or a Thursday run each week as noted below.

■ Run-walk-run ratio should correspond to the pace used. If you are just starting to run, try a strategy of (run 5 seconds/walk 55 seconds). If this is too easy, use (10sec run/50 sec walk) for all runs during the first 3 weeks. On long runs, you can continue to use either 5/55 or 10/50. Those who have done regular running in the past can shift to the “To Finish” program after 3 weeks. On the short runs, you may use any of the ratios that work best for you, as noted below.

■ Two “maintenance runs” are needed each week to sustain the conditioning needed—usually on Tuesday and Thursday. Please take a day off from running before each running day. On Tuesday, practice various run-walk-run



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## BEGINNING RUNNER

strategies (as in #9) and enjoy these runs. On designated non-long-run weekends, run the Magic Mile as described below.

■ **Race Day practice.** On a Tuesday run each week, after the standard warmup, time yourself for 2 miles and try to pace at 15:00-15:30 per mile. As you use a variety of run-walk-run strategies, you should find the right ratio for you. A common strategy at this pace is (run 15 sec/walk 45 sec, but some use 20 sec run/40 sec walk, or 30/30).

■ 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 enhance the fat burning. On the cross training days, don't do exercises like stair machines that concentrate effort in the calf muscle. Walking is a great exercise.

■ **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 Thursday,** after the standard warmup, try increasing the running portions: run 10 seconds/walk 50 seconds for 5 or more intervals, then run 15 sec/walk 45 seconds for 5 repetitions. At this point, take a 2-3 minute walk break and try 20/40 for 5 minutes, walk 2 minutes and try 30/30 for 5 minutes. 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.

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

■ **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 12:15 time or faster to predict a finish time below 3:30 on raceday—at 60F.

■ **Then "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 3:30.

- Use the standard warmup (above).
- 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 1.0 miles.
- **On the first MM, don't run all-out: run at a pace that is slightly faster than your current**



# TRAINING PROGRAM OVERVIEW

## BEGINNING RUNNER

### gentle pace.

- Only one MM is done on each day it is assigned.
  - On each successive MM (usually 2 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 (Ideal Conditions) Pace: Take your best current MM time and multiply by 1.3. This is the fastest pace you could currently expect to run under ideal conditions per mile in the half marathon.
- Long run pace: should be at least 3 minutes slower than the current predicted half marathon pace.
- Adjust for temperature on long runs: 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.

# Disney's Princess Half Marathon Training Program

**GOAL DATE: February 24, 2013 \ 3-Day Training Week: Beginning Runner**

## WEEK 1

<b>TUESDAY</b> October 2	<b>THURSDAY</b> October 4	<b>SATURDAY</b> October 6
30 minutes	30 minutes	2 miles

## WEEK 2

<b>TUESDAY</b> October 9	<b>THURSDAY</b> October 11	<b>SATURDAY</b> October 13
30 minutes	30 minutes	3 miles

## WEEK 3

<b>TUESDAY</b> October 16	<b>THURSDAY</b> October 18	<b>SATURDAY</b> October 20
30 minutes	30 minutes	4 miles

## WEEK 4

<b>TUESDAY</b> October 23	<b>THURSDAY</b> October 25	<b>SATURDAY</b> October 27
30 minutes	30 minutes	2 miles

## WEEK 5

<b>TUESDAY</b> October 30	<b>THURSDAY</b> November 1	<b>SATURDAY</b> November 3
30 minutes	30 minutes	5 miles

## WEEK 6

<b>TUESDAY</b> November 6	<b>THURSDAY</b> November 8	<b>SATURDAY</b> November 10
30 minutes	30 minutes	3 miles

## WEEK 7

**TUESDAY**  
November 13

30 minutes

**THURSDAY**  
November 15

30 minutes

**SATURDAY**  
November 17

6 miles

## WEEK 8

**TUESDAY**  
November 20

30 minutes

**THURSDAY**  
November 22

30 minutes

**SATURDAY**  
November 24

3 miles

## WEEK 9

**TUESDAY**  
November 27

30 minutes

**THURSDAY**  
November 29

30 minutes

**SATURDAY**  
December 1

7 miles

## WEEK 10

**TUESDAY**  
December 4

30 minutes

**THURSDAY**  
December 6

30 minutes

**SATURDAY**  
December 8

3 miles  
with Magic Mile

## WEEK 11

**TUESDAY**  
December 11

30 minutes

**THURSDAY**  
December 13

30 minutes

**SATURDAY**  
December 15

8 miles

## WEEK 12

**TUESDAY**  
December 18

30 minutes

**THURSDAY**  
December 20

30 minutes

**SATURDAY**  
December 22

3 miles  
with Magic Mile

## WEEK 13

**TUESDAY**  
December 25

30 minutes

**THURSDAY**  
December 27

30 minutes

**SATURDAY**  
December 29

9.5 miles

## WEEK 14

**TUESDAY**  
January 1

30 minutes

**THURSDAY**  
January 3

30 minutes

**SATURDAY**  
January 5

3 miles  
with Magic Mile

## WEEK 15

**TUESDAY**  
January 8

30 minutes

**THURSDAY**  
January 10

30 minutes

**SATURDAY**  
January 12

11 miles

## WEEK 16

**TUESDAY**  
January 15

30 minutes

**THURSDAY**  
January 17

30 minutes

**SATURDAY**  
January 19

3 miles  
with Magic Mile

## WEEK 17

**TUESDAY**  
January 22

30 minutes

**THURSDAY**  
January 24

30 minutes

**SUNDAY**  
January 26

12.5 miles

## WEEK 18

**TUESDAY**  
January 29

30 minutes

**THURSDAY**  
January 31

30 minutes

**SATURDAY**  
February 2

3 miles  
with Magic Mile

## WEEK 19

**TUESDAY**  
February 5

30 minutes

**THURSDAY**  
February 7

30 minutes

**SATURDAY**  
February 9

14 miles

## WEEK 20

**TUESDAY**  
February 12

30 minutes

**THURSDAY**  
February 14

30 minutes

**SATURDAY**  
February 16

3 miles

## WEEK 21

**TUESDAY**  
February 19

30 minutes

**THURSDAY**  
February 21

30 minutes

**SUNDAY**  
February 24

Disney's Princess  
Half Marathon

## WEEK 22

**TUESDAY**  
February 26

30 minutes

**THURSDAY**  
February 28

30 minutes

**SATURDAY**  
March 2

3 miles