



2013 TRAINING PROGRAM

GOAL: Time Goal / 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.

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



TRAINING PROGRAM OVERVIEW

TIME GOAL

■ The long run is the key to half marathon success. 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. To avoid a slowdown at the end of the race, you must do the training listed on the schedule below.

■ Pace of the long run: Read the section on the “magic mile” (MM) in the last bullet and compute the pace per mile you could currently run in an all-out half marathon. Run your long runs at least 3 minutes slower than this pace.

■ 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 the stride that 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 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. This pace is 16 min/mi. Long run pace should be at least 3 min/mi slower than current half marathon race pace, predicted by the “magic mile” (MM) See the last bullet in this section for more information.

■ The results of the MM will tell you what is realistic on raceday. If you think that you may be challenged to run 16 minutes per mile on race day, please practice 15:00 to 15:30 per mile pace on the “Thursday run”, as noted below.

■ 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



TRAINING PROGRAM OVERVIEW

TIME GOAL

■ The long run is the key to half marathon success. As you increase the distance of these, listed below, you push back your endurance barriers and prepare to avoid “the wall” on raceday. Recommended pace is at least 3 min/mi slower than your best half 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.

■ The first run in this program is 5 miles. If you have not run 4 miles, during the two weeks prior to the start of the program, then walk for 2-3 miles on this first long one, and finish the distance with run-walk-run.

■ Set a realistic goal: 20-30 seconds per mile faster than your best half marathon performance in the past year.

■ 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 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 the next bullet). 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.

■ Run-walk-run ratio should correspond to the pace used. Here are suggested strategies:

- 8 min/mi: run 4 minutes/walk 30 seconds
- 9 min/mi: run 4 minutes/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” (45 minutes each) are needed each week to sustain the conditioning needed—usually on Tuesday and Thursday. Maximum recovery occurs when taking a day off from running before each running day. On Tuesday, practice various run-walk-run strategies, at race pace, for 2-4 miles. On Thursday, after the standard warmup, run a “magic mile” as noted in the last bullet.



TRAINING PROGRAM OVERVIEW

TIME GOAL

■ 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.

■ 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 for 5-10 minutes.

■ Race Day practice. On the Tuesday 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, after the standard warmup, time yourself for 1 mile. Follow the "magic mile" strategy in the last bullet.

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

■ Speedwork: 800 meter repeats are included to improve speed. Do the standard warmup, followed by 4 accelerations that gradually increase to workout pace. Run each 800 meter segment 15 seconds faster than your goal pace for half a mile, and walk for 3 minutes. Then repeat as noted on the schedule.

Example: if goal pace was 10:00, half mile goal pace would be 5:00

800 workout pace would be 4:45

■ Magic Mile: I suggest doing this after the standard warmup on Thursday each week. By the end of the training program, multiply your best magic mile time by 1.2 to see what an all-out pace on an ideal day would be, and adjust for temperature 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 your current potential per mile pace on an ideal day. Due to weather and crowds on raceday, actual race pace is usually 10-25 seconds/mile slower than the predicted pace.

- Use the standard warmup (listed above).
- Run two laps around a track (or a very accurately measured segment)
- Time yourself. Start the watch at the beginning, and keep it running until you cross the finish of the 800 meter segment.



TRAINING PROGRAM OVERVIEW

TIME GOAL

- **On the first MM, don't run all-out: run at a pace that is slightly faster than your current easy 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 45 minutes 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.

Disney's Princess Half Marathon Training Program

GOAL DATE: February 22, 2013 \ 3-Day Training Week: Time Goal

WEEK 1

TUESDAY
October 2

45 minutes

THURSDAY
October 4

45 minutes

SATURDAY
October 6

4 miles

WEEK 2

TUESDAY
October 9

45 minutes

THURSDAY
October 11

45 minutes

SATURDAY
October 13

5 miles

WEEK 3

TUESDAY
October 16

45 minutes

THURSDAY
October 18

45 minutes

SATURDAY
October 20

6 miles

WEEK 4

TUESDAY
October 23

45 minutes

THURSDAY
October 25

45 minutes

SATURDAY
October 27

4 miles

WEEK 5

TUESDAY
October 30

45 minutes

THURSDAY
November 1

45 minutes

SATURDAY
November 3

7.5 miles

WEEK 6

TUESDAY
November 6

45 minutes

THURSDAY
November 8

45 minutes

SATURDAY
November 10

4 miles

WEEK 7

TUESDAY
November 13

45 minutes

THURSDAY
November 15

45 minutes

SATURDAY
November 17

9 miles

WEEK 8

TUESDAY
November 20

45 minutes

THURSDAY
November 22

45 minutes

SATURDAY
November 24

4 x 800

WEEK 9

TUESDAY
November 27

45 minutes

THURSDAY
November 29

45 minutes

SATURDAY
December 1

11 miles

WEEK 10

TUESDAY
December 4

45 minutes

THURSDAY
December 6

45 minutes

SATURDAY
December 8

6 x 800

WEEK 11

TUESDAY
December 11

45 minutes

THURSDAY
December 13

45 minutes

SATURDAY
December 15

3 miles

WEEK 12

TUESDAY
December 18

45 minutes

THURSDAY
December 20

45 minutes

SATURDAY
December 22

8 x 800

WEEK 13

TUESDAY
December 25

45 minutes

THURSDAY
December 27

45 minutes

SATURDAY
December 29

15 miles

WEEK 14

TUESDAY
January 1

45 minutes

THURSDAY
January 3

45 minutes

SATURDAY
January 5

10 x 800

WEEK 15

TUESDAY
January 8

45 minutes

THURSDAY
January 10

45 minutes

SATURDAY
January 12

17 miles

WEEK 16

TUESDAY
January 15

45 minutes

THURSDAY
January 17

45 minutes

SATURDAY
January 19

12 x 800

WEEK 17

TUESDAY
January 22

45 minutes

THURSDAY
January 24

45 minutes

SUNDAY
January 26

5 miles
with Magic Mile

WEEK 18

TUESDAY
January 29

45 minutes

THURSDAY
January 31

45 minutes

SATURDAY
February 2

19 miles

WEEK 19

TUESDAY
February 5

45 minutes

THURSDAY
February 7

45 minutes

SATURDAY
February 9

14 x 800

WEEK 20

TUESDAY
February 12

45 minutes

THURSDAY
February 14

45 minutes

SATURDAY
February 16

5 miles

WEEK 21

TUESDAY
February 19

45 minutes

THURSDAY
February 21

45 minutes

SUNDAY
February 24

Disney's Princess
Half Marathon

WEEK 22

TUESDAY
February 26

45 minutes

THURSDAY
February 28

45 minutes

SATURDAY
March 2

3 miles