



## TRAINING PROGRAM

**For Beginning Runners**

**Goal Date: September 1, 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).

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



# TRAINING PROGRAM OVERVIEW

1

**The long run is the key to half marathon training.**

As you increase the length 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, please finish each one on the schedule—even if you walk most of it.

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 land on the heel and gently roll off the midfoot.

4

**Walking form:**

walk with a gentle stride, that is relatively short. Power walking or 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 is 70F, & 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.

6

**Time limit for the race is 3:30. The per mile pace to reach this goal is 16 min/mi.**

The “magic mile” listed 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 MM (see # 16). 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 in # 9.

7

**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



# TRAINING PROGRAM OVERVIEW

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.

**8**

**Two 30 minute “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 strategies and enjoy these runs. On designated non-long-run weekends, run the MM as described in # 16.

**9**

**Race Day practice.** On a Tuesday and/or a Thursday run each week, after the standard warmup (# 11), 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).

**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 enhance the fat burning. 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.

**12**

**On Tuesday, after the standard warmup, try increasing the running portions:** run 10 seconds/

walk 50 seconds for 5 or more intervals, then try 15 sec run /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.

**13**

**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.

**14**

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

**15**

**Sign up now for the Walt Disney World Marathon (or Half) in January!** The free training program,

available at [www.RunDisney.com](http://www.RunDisney.com) requires only 3 runs a week, with long runs only every 2-3 weeks.



# TRAINING PROGRAM OVERVIEW

16

**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. Be sure to adjust pace for temperature increase as noted in # 5, on long runs and 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 3:30.**

- 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 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 2 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.

# DISNEYLAND® HALF MARATHON TRAINING SCHEDULE

3-Day Training Week: For Beginning Runners / Goal Date: September 1, 2013

## WEEK 1

<b>TUESDAY</b> April 30	<b>THURSDAY</b> May 2	<b>SATURDAY</b> May 4
30 minutes	30 minutes	2 miles (walk one mile and use 10sec run/50sec walk for the second mile)

## WEEK 2

<b>TUESDAY</b> May 7	<b>THURSDAY</b> May 9	<b>SATURDAY</b> May 11
30 minutes	30 minutes	3 miles (walk one mile and use 10sec run/50sec walk for the second mile)

## WEEK 3

<b>TUESDAY</b> May 14	<b>THURSDAY</b> May 16	<b>SATURDAY</b> May 18
30 minutes	30 minutes	4 miles (walk one mile and use 10/50 for the rest)

## WEEK 4

<b>TUESDAY</b> May 21	<b>THURSDAY</b> May 23	<b>SATURDAY</b> May 25
30 minutes	30 minutes	2 miles (10/50, 15/45 or 20/40)

## WEEK 5

<b>TUESDAY</b> May 28	<b>THURSDAY</b> May 30	<b>SATURDAY</b> June 1
30 minutes	30 minutes	5 miles (10/50, but walk the first mile if needed)

## WEEK 6

<b>TUESDAY</b> June 4	<b>THURSDAY</b> June 6	<b>SATURDAY</b> June 8
30 minutes	30 minutes	6.5 miles (10/50)

## WEEK 7

**TUESDAY**  
June 11

30 minutes

**THURSDAY**  
June 13

30 minutes

**SATURDAY**  
June 15

3 miles  
(10/50, 15/45, 20/40  
or 30/30)

## WEEK 8

**TUESDAY**  
June 18

30 minutes

**THURSDAY**  
June 20

30 minutes

**SATURDAY**  
June 22

8 miles  
with one Magic Mile

## WEEK 9

**TUESDAY**  
June 25

30 minutes

**THURSDAY**  
June 27

30 minutes

**SATURDAY**  
June 29

3 miles  
(10/50, 15/45, 20/40  
or 30/30 or run a minute/  
walk a minute)

## WEEK 10

**TUESDAY**  
July 2

30 minutes

**THURSDAY**  
July 4

30 minutes

**SATURDAY**  
July 6

9.5 miles  
(10/50 or 15/45)

## WEEK 11

**TUESDAY**  
July 9

30 minutes

**THURSDAY**  
July 11

30 minutes

**SATURDAY**  
July 13

3 miles  
with one Magic Mile

## WEEK 12

**TUESDAY**  
July 16

30 minutes

**THURSDAY**  
July 18

30 minutes

**SATURDAY**  
July 20

11 miles  
(10/50 or 15/45)

## WEEK 13

**TUESDAY**  
July 23

30 minutes

**THURSDAY**  
July 25

30 minutes

**SATURDAY**  
July 27

3 miles  
with Magic Mile

## WEEK 14

**TUESDAY**  
July 30

30 minutes

**THURSDAY**  
August 1

30 minutes

**SATURDAY**  
August 3

12.5 miles  
(10/50 or 15/45)

## WEEK 15

**TUESDAY**  
August 6

30 minutes

**THURSDAY**  
August 8

30 minutes

**SATURDAY**  
August 10

3 miles  
with Magic Mile

## WEEK 16

**TUESDAY**  
August 13

30 minutes

**THURSDAY**  
August 15

30 minutes

**SATURDAY**  
August 17

14 miles  
(10/50 or 15/45)

## WEEK 17

**TUESDAY**  
August 20

30 minutes

**THURSDAY**  
August 22

30 minutes

**SATURDAY**  
August 24

3 miles  
(practice strategy  
that has worked on  
Thursdays)

## WEEK 18

**TUESDAY**  
August 27

30 minutes

**THURSDAY**  
August 29

30 minutes

**SUNDAY**  
September 1

DISNEYLAND®  
HALF MARATHON



WEEK 19

**TUESDAY**  
September 3

30 minutes

**THURSDAY**  
September 5

30 minutes

**SATURDAY**  
September 7

3 miles