



TRAINING PROGRAM

Time Goal

Goal Date: September 1, 2013

This program is designed for those who have run a half marathon before and want to improve finish 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 on more days per week you can continue to do so, as long as you are recovering quickly. For more information, see my book HALF MARATHON at www.JeffGalloway.com.

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



TRAINING PROGRAM OVERVIEW

1

The long run is the key to half marathon success. As you increase the length of these, listed below, you prepare to avoid “the wall” on raceday. Recommended pace is at least 2 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.

2

Set a realistic goal: usually no more than 20-30 seconds per mile faster than your best half marathon performance in the past year.

3

Running form: Never sprint during a running segment—keep feet low to the ground, using a light touch of the feet, while avoiding a long 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.

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 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 #6 below). 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

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

7

Two “maintenance runs” (45-60 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 # 15 below.



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8

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 (as on stair machines) that concentrate effort in the calf muscle.

9

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 to the ratio that feels best for you, on that day.

10

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. Many runners

are surprised to find that shorter running segments result in faster times and less fatigue.

11

On Thursday, after the standard warmup, time yourself for 1 mile. Follow the "magic mile" strategy below.

12

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

13

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 is 10:00, half mile goal pace would be 5:00

800 workout pace would be 4:45

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Sign up now for the Walt Disney World Marathon! You only need to run 3 days a week, and run a longer run every 2-3 weeks to prepare.

Use my free training plan for this January event at www.RunDisney.com.

15

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 and conditions 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. Due to weather and crowds on raceday, actual race pace is usually 10-25 seconds/mile slower than the



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predicted pace.

- Use the standard warmup (# 9)
- 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 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 45-60 minutes assigned on that day, taking as many walk breaks as you wish.

After you have run 4 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 10-15 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.

DISNEYLAND® HALF MARATHON TRAINING SCHEDULE

3-Day Training Week: Time Goal / Goal Date: September 1, 2013

For those who have run at least one half marathon and want to run faster.

WEEK 1

TUESDAY April 30	THURSDAY May 2	SATURDAY May 4
40-60 minutes	40-60 minutes	3 miles

WEEK 2

TUESDAY May 7	THURSDAY May 9	SATURDAY May 11
40-60 minutes	40-60 minutes	4 miles

WEEK 3

TUESDAY May 14	THURSDAY May 16	SATURDAY May 18
40-60 minutes	40-60 minutes	5 miles

WEEK 4

TUESDAY May 21	THURSDAY May 23	SATURDAY May 25
40-60 minutes	40-60 minutes	4 x 800

WEEK 5

TUESDAY May 28	THURSDAY May 30	SATURDAY June 1
40-60 minutes	40-60 minutes	7 miles

WEEK 6

TUESDAY June 4	THURSDAY June 6	SATURDAY June 8
40-60 minutes	40-60 minutes	6 x 800

WEEK 7

TUESDAY
June 11

40-60 minutes

THURSDAY
June 13

40-60 minutes

SATURDAY
June 15

9 miles

WEEK 9

TUESDAY
June 25

40-60 minutes

THURSDAY
June 27

40-60 minutes

SATURDAY
June 29

11 miles

WEEK 11

TUESDAY
July 9

40-60 minutes

THURSDAY
July 11

40-60 minutes

SATURDAY
July 13

13 miles

WEEK 8

TUESDAY
June 18

40-60 minutes

THURSDAY
June 20

40-60 minutes

SATURDAY
June 22

8 x 800

WEEK 10

TUESDAY
July 2

40-60 minutes

THURSDAY
July 4

40-60 minutes

SATURDAY
July 6

10 x 800

WEEK 12

TUESDAY
July 16

40-60 minutes

THURSDAY
July 18

40-60 minutes

SATURDAY
July 20

12 x 800

WEEK 13

TUESDAY
July 23

40-60 minutes

THURSDAY
July 25

40-60 minutes

SATURDAY
July 27

15 miles

WEEK 14

TUESDAY
July 30

40-60 minutes

THURSDAY
August 1

40-60 minutes

SATURDAY
August 3

14 x 800

WEEK 15

TUESDAY
August 6

40-60 minutes

THURSDAY
August 8

40-60 minutes

SATURDAY
August 10

17 miles

WEEK 16

TUESDAY
August 13

40-60 minutes

THURSDAY
August 15

40-60 minutes

SATURDAY
August 17

14 x 800

WEEK 17

TUESDAY
August 20

40-60 minutes

THURSDAY
August 22

40-60 minutes

SATURDAY
August 24

5 miles
(3 at race pace)

WEEK 18

TUESDAY
August 27

40-60 minutes

THURSDAY
August 29

40-60 minutes

SUNDAY
September 1

DISNEYLAND®
HALF MARATHON



WEEK 19

TUESDAY
September 3

30 minutes

THURSDAY
September 5

30 minutes

SATURDAY
September 7

3 miles