



For Beginning Runners - Goal date: October 5, 2013
(those who have been running consistently for less than 6 months)

Thousands of beginning runners have finished distance races, 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. This is a run/walk/run program--meaning that you can run short segments, followed by recovery walks. On half of the weekends, most will be running and walking for an hour or less. For more information, see my book GALLOWAY TRAINING PROGRAMS at www.JeffGalloway.com.

Jeff Galloway • US Olympian • Official Training Consultant, runDisney

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TRAINING PROGRAM OVERVIEW

The long run is the key to marathon training.

As you increase the length of these (using liberal walk breaks) listed below, you extend 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.

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 a natural way. Most runners 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, & 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 2:40. 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 10 mile potential race pace, predicted by the MM (see below). 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, if you think that a 2:40 goal will be challenging.

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 3-4 weeks.



TRAINING PROGRAM OVERVIEW

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 below.

Race Day practice. On a Tuesday and/or a Thursday run each week, after a standard warm-up, 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). Practice moving over to the side of the road to take your walk breaks--or stay on the side of the road.

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 cross training days, don't do exercises that can fatigue the calf muscle, such as stair machines.

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 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 a nd 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.

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.

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

Magic Mile: On the days assigned on the schedule, start with the standard warm-up listed in a bullet above. By the end of the training program you want to run a 12:15 time or faster to predict a sub 16 minute pace on raceday—at 60F. Be sure to adjust pace for temperature increase as noted above, on long runs and on raceday.



TRAINING PROGRAM OVERVIEW

NOTE: This is an evening race. I suggest that you run at least two of the longer runs in the evening. This will not only help you prepare for running in the dark but allow you to find the right eating pattern throughout the day leading up to the race.

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 16 minutes per mile.

- Use the standard warmup, noted 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 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 runners record a faster time when taking short breaks.

Predicted (Ideal Conditions) Pace: Take your best current MM time and multiply by 1.2. This is the fastest pace you could currently expect to run under ideal conditions per mile in a ten 10 race.

Long run pace: should be at least 2 minutes slower than the current predicted all-out race 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.

Sign up now for the super fun *Walt Disney World*® Marathon in January! My free training program, available at www.runDisney.com requires only 3 runs a week, with long runs only every 2-3 weeks. This goal can keep you motivated after the 10 mile race.

The Twilight Zone Tower of Terror™ 10-Miler Training Program

Beginning Runners: For those who are starting to run / Three Day Training Week

Tuesday - 30 minutes

Thursday - 30 minutes

Saturday - Listed below

WEEK 1

TUESDAY
June 4

30 minutes

THURSDAY
June 6

30 minutes

SATURDAY
June 8

1 mile
(run 10 sec/walk 50 sec,
but walk the first half
mile if needed)

WEEK 2

TUESDAY
June 11

30 minutes

THURSDAY
June 13

30 minutes

SATURDAY
June 15

2 miles
(10/50, but walk the first
mile if needed)

WEEK 3

TUESDAY
June 18

30 minutes

THURSDAY
June 20

30 minutes

SATURDAY
June 22

3 miles
(10/50, but walk the first
mile if needed)

WEEK 4

TUESDAY
June 25

30 minutes

THURSDAY
June 27

30 minutes

SATURDAY
June 29

4 miles
(10/50, but walk the first
mile if needed)

WEEK 5

TUESDAY
July 2

30 minutes

THURSDAY
July 4

30 minutes

SATURDAY
July 6

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

WEEK 6

TUESDAY
July 9

30 minutes

THURSDAY
July 11

30 minutes

SATURDAY
July 13

5 miles
(10/50 or 15/45)

WEEK 7

TUESDAY
July 16

30 minutes

THURSDAY
July 18

30 minutes

SATURDAY
July 20

3 miles
with one Magic Mile

WEEK 8

TUESDAY
July 23

30 minutes

THURSDAY
July 25

30 minutes

SATURDAY
July 27

6 miles
(10/50 or 15/45)

WEEK 9

TUESDAY
July 30

30 minutes

THURSDAY
August 1

30 minutes

SATURDAY
August 3

3 miles
with one Magic Mile

WEEK 10

TUESDAY
August 6

30 minutes

THURSDAY
August 8

30 minutes

SATURDAY
August 10

7 miles
(10/50 or 15/45 or 20/40)

WEEK 11

TUESDAY
August 13

30 minutes

THURSDAY
August 15

30 minutes

SATURDAY
August 17

3 miles
with one Magic Mile

WEEK 12

TUESDAY
August 20

30 minutes

THURSDAY
August 22

30 minutes

SATURDAY
August 24

8 miles
(10/50 or 15/45 or 20/40)

WEEK 13

TUESDAY
August 27

30 minutes

THURSDAY
August 29

30 minutes

SATURDAY
August 31

3 miles
(practice strategy
that has worked on
Thursdays)

WEEK 15

TUESDAY
September 10

30 minutes

THURSDAY
September 12

30 minutes

SATURDAY
September 14

3 miles
with one Magic Mile

WEEK 17

TUESDAY
September 24

30 minutes

THURSDAY
September 26

30 minutes

SATURDAY
September 28

3 miles
(practice strategy
that has worked on
Thursdays)

WEEK 14

TUESDAY
September 3

30 minutes

THURSDAY
September 5

30 minutes

SATURDAY
September 7

9.5 miles

WEEK 16

TUESDAY
September 17

30 minutes

THURSDAY
September 19

30 minutes

SATURDAY
September 21

11 miles

WEEK 18

TUESDAY
October 1

30 minutes

THURSDAY
October 3

30 minutes

SATURDAY
October 5

*The Twilight Zone Tower
of Terror™ 10-Miler*

WEEK 19

TUESDAY
October 8

30 minutes

THURSDAY
October 10

30 minutes

SATURDAY
October 12

3 miles