



TRAINING PROGRAM

GOAL: To Finish In The Upright Position / GOAL DATE: January 19, 2014

This program is designed for those who are already running, and want to step up to the half marathon distance. 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.

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TRAINING PROGRAM OVERVIEW

■ 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 race day. 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. Long runs should be run no faster than 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 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. This pace is 16 min/mi. Long run pace should be at least 2 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 race day. 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



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■ Two “maintenance runs” (30 minutes each) are needed each week to sustain the conditioning needed—usually on Tuesday and Thursday. It’s best to take a day off from running before each running day. On Tuesday, practice various run-walk-run strategies and enjoy these runs. On some of the non-long-run weekends, run the “magic mile” as noted on the schedule.

■ Thursday Run: Race Day practice. On Thursday, after the standard warm-up, time yourself for 2 miles and try to run the pace you want to run on race day, using the appropriate run-walk-run ratio. As you use a variety of run-walk-run strategies, you should find the right ratio for you.

■ 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 warm-up: walk for 3-5 minutes, then, run for 20-30 seconds and walk for the rest of the minute for 5 minutes. Then, gradually increase the amount of running, reducing the amount of walking for 5 minutes.

■ On Tuesday, after the standard warm-up, try various run-walk-run strategies to experience what works best for you. It is often surprising to find that shorter running segments result in faster times and less fatigue.

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

■ Magic Mile (MM): I suggest doing this after the standard warm-up on weekends noted below. By the end of the training program, multiply your best magic mile time by 1.3 to see what an all-out pace on an ideal day would be. You will need to run 12:15 or faster on the MM by the end of the season to predict a finish time of 3:30 on race day.

The “Magic Mile” time trial (MM) is a reality check on your goal pace on race day, and has been the best predictor of your current potential per mile pace on an ideal day.

- Use the standard warm-up listed above. Run around a track if at all possible (or a very accurately measured segment)

- Time yourself for 4 laps (1600 meters). Start the watch at the beginning, and keep it running until you cross the finish of the 4th lap.

- **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.



TRAINING PROGRAM OVERVIEW

- Jog slowly for the rest of the 30 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 after each lap during the MM. 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.

Tinker Bell Half Marathon Training Program

GOAL DATE: January 19, 2014 \ 3-Day Training Week: To Finish

WEEK 1

TUESDAY
September 3

30 minutes

THURSDAY
September 5

30 minutes

SATURDAY
September 7

4 miles

WEEK 2

TUESDAY
September 10

30 minutes

THURSDAY
September 12

30 minutes

SATURDAY
September 14

4 miles

WEEK 3

TUESDAY
September 17

30 minutes

THURSDAY
September 19

30 minutes

SATURDAY
September 21

4 miles

WEEK 4

TUESDAY
September 24

30 minutes

THURSDAY
September 26

30 minutes

SATURDAY
September 28

5.5 miles

WEEK 5

TUESDAY
October 1

30 minutes

THURSDAY
October 3

30 minutes

SATURDAY
October 5

4 miles

WEEK 6

TUESDAY
October 8

30 minutes

THURSDAY
October 10

30 minutes

SATURDAY
October 12

7 miles

WEEK 7

TUESDAY
October 15

30 minutes

THURSDAY
October 17

30 minutes

SATURDAY
October 19

4 miles

WEEK 8

TUESDAY
October 22

30 minutes

THURSDAY
October 24

30 minutes

SATURDAY
October 26

8 miles

WEEK 9

TUESDAY
October 29

30 minutes

THURSDAY
October 31

30 minutes

SATURDAY
November 2

4 miles
with Magic Mile

WEEK 10

TUESDAY
November 5

30 minutes

THURSDAY
November 7

30 minutes

SATURDAY
November 9

9 miles

WEEK 11

TUESDAY
November 12

30 minutes

THURSDAY
November 14

30 minutes

SATURDAY
November 16

4 miles
with Magic Mile

WEEK 12

TUESDAY
November 19

30 minutes

THURSDAY
November 21

30 minutes

SATURDAY
November 23

10 miles

WEEK 13

TUESDAY
November 26

30 minutes

THURSDAY
November 28

30 minutes

SATURDAY
November 30

4 miles
with Magic Mile

WEEK 15

TUESDAY
December 10

30 minutes

THURSDAY
December 12

30 minutes

SATURDAY
December 14

4 miles
with Magic Mile

WEEK 17

TUESDAY
December 24

30 minutes

THURSDAY
December 26

30 minutes

SATURDAY
December 28

4 miles

WEEK 14

TUESDAY
December 3

30 minutes

THURSDAY
December 5

30 minutes

SATURDAY
December 7

11.5 miles

WEEK 16

TUESDAY
December 17

30 minutes

THURSDAY
December 19

30 minutes

SATURDAY
December 21

13 miles

WEEK 18

TUESDAY
December 31

30 minutes

THURSDAY
January 2

30 minutes

SATURDAY
January 4

14 miles

WEEK 19

TUESDAY
January 7

30 minutes

THURSDAY
January 9

30 minutes

SATURDAY
January 11

4 miles

WEEK 20

TUESDAY
January 14

30 minutes

THURSDAY
January 16

30 minutes

SUNDAY
January 19

Tinker Bell
Half Marathon

WEEK 21

TUESDAY
January 21

30 minutes

THURSDAY
January 23

30 minutes

SATURDAY
January 25

4 miles