



## TRAINING PROGRAM

**GOAL: Time Goal / GOAL DATE: January 19, 2014**

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 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](http://www.JeffGalloway.com).

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



# 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 avoid “the wall” on race day. 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 first two weeks in September, then walk for 2-3 miles on this first long one, then 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:  
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

■ 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 warm-up, run a “magic mile” as noted in the last bullet.

■ 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.



# TRAINING PROGRAM OVERVIEW

■ Standard warm-up: 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 warm-up, time yourself for 2-4 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 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 warm-up, 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 warm-up, 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 warm-up on Thursday each week. 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, and adjust for temperature 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. Due to weather and crowds on race day, actual race pace is usually 10-25 seconds/mile slower than the predicted pace.

- Use the standard warm-up (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.
- **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),



# TRAINING PROGRAM OVERVIEW

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.

# Tinker Bell Half Marathon Training Program

**GOAL DATE: January 19, 2014 \ 3-Day Training Week: Time Goal**

## WEEK 1

<b>TUESDAY</b> September 10	<b>THURSDAY</b> September 12	<b>SATURDAY</b> September 14
45 minutes	45 minutes	3 miles

## WEEK 2

<b>TUESDAY</b> September 17	<b>THURSDAY</b> September 19	<b>SATURDAY</b> September 21
45 minutes	45 minutes	4 miles

## WEEK 3

<b>TUESDAY</b> September 24	<b>THURSDAY</b> September 26	<b>SATURDAY</b> September 28
45 minutes	45 minutes	5 miles

## WEEK 4

<b>TUESDAY</b> October 1	<b>THURSDAY</b> October 3	<b>SATURDAY</b> October 5
45 minutes	45 minutes	6.5 miles

## WEEK 5

<b>TUESDAY</b> October 8	<b>THURSDAY</b> October 10	<b>SATURDAY</b> October 12
45 minutes	45 minutes	4 miles

## WEEK 6

<b>TUESDAY</b> October 15	<b>THURSDAY</b> October 17	<b>SATURDAY</b> October 19
45 minutes	45 minutes	8 miles

**WEEK 7**

<b>TUESDAY</b> October 22	<b>THURSDAY</b> October 24	<b>SATURDAY</b> October 26
45 minutes	45 minutes	4 x 800

**WEEK 8**

<b>TUESDAY</b> October 29	<b>THURSDAY</b> October 31	<b>SATURDAY</b> November 2
45 minutes	45 minutes	10 miles

**WEEK 9**

<b>TUESDAY</b> November 5	<b>THURSDAY</b> November 7	<b>SATURDAY</b> November 9
45 minutes	45 minutes	6 x 800

**WEEK 10**

<b>TUESDAY</b> November 12	<b>THURSDAY</b> November 14	<b>SATURDAY</b> November 16
45 minutes	45 minutes	12 miles

**WEEK 11**

<b>TUESDAY</b> November 19	<b>THURSDAY</b> November 21	<b>SATURDAY</b> November 23
45 minutes	45 minutes	8 x 800

**WEEK 12**

<b>TUESDAY</b> November 26	<b>THURSDAY</b> November 28	<b>SATURDAY</b> November 30
45 minutes	45 minutes	14 miles

## WEEK 13

TUESDAY  
December 3

45 minutes

THURSDAY  
December 5

45 minutes

SATURDAY  
December 7

10 x 800

## WEEK 14

TUESDAY  
December 10

45 minutes

THURSDAY  
December 12

45 minutes

SATURDAY  
December 14

16 miles

## WEEK 15

TUESDAY  
December 16

45 minutes

THURSDAY  
December 18

45 minutes

SATURDAY  
December 20

12 x 800

## WEEK 16

TUESDAY  
December 24

45 minutes

THURSDAY  
December 26

45 minutes

SATURDAY  
December 28

18 miles

## WEEK 17

TUESDAY  
December 31

45 minutes

THURSDAY  
January 2

45 minutes

SATURDAY  
January 4

14 x 800

## WEEK 18

TUESDAY  
January 7

45 minutes

THURSDAY  
January 9

45 minutes

SATURDAY  
January 11

5 miles

## WEEK 19

TUESDAY  
January 14

45 minutes

THURSDAY  
January 16

45 minutes

SUNDAY  
January 19

Tinker Bell  
Half Marathon

## WEEK 20

TUESDAY  
January 21

45 minutes

THURSDAY  
January 23

45 minutes

SATURDAY  
January 25

5 miles