



TRAINING PROGRAM

For Experienced Runners

(those who have been running for at least 6 months)

Time Goal

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.

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 distance of these, listed below, you push back your

endurance barriers and prepare to avoid “the wall” on raceday. 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.

2

The first run in this program is 5.5 miles.

If you have not run 4 miles, during the last two weeks in August, then walk for 2-3 miles on

this first long one, then finish the distance with run-walk-run.

3

Set a realistic goal:

20-30 seconds per mile faster than your best half marathon performance in the past year.

4

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 it's natural way. Most runners naturally land on the heel and gently roll off the midfoot.

5

Walking form:

walk with a gentle stride, that is relatively short. Power walking and walking with a long stride increase injury risk.

6

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. 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.

7

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



TRAINING PROGRAM OVERVIEW

8

Two “maintenance runs” of 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 warmup, run a “magic mile” as noted in #15.

9

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.

10

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.

11

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. It is often surprising to find that shorter running segments result in faster times and less fatigue.

12

On Thursday, after the standard warmup, time yourself for 1 mile. Follow the “magic mile” strategy in #15.

13

Standard Cool Down: walk and jog slowly for 10 minutes with a gentle and short stride.

14

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

800 workout pace would be 4:45

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 1.3 to see what an all-out pace on an ideal day would be, and adjust for temperature on raceday.



TRAINING PROGRAM OVERVIEW

The "Magic Mile" time trial (MM) is a reality check on your goal pace on raceday, and has been the best predictor of your 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 predicted pace.

- Use the standard warmup (# 10)
- Run 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 gentle 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 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 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.

WALT DISNEY WORLD® HALF MARATHON TRAINING SCHEDULE

3-Day Training Week: For Experienced Runners / Time Goal

WEEK 1

TUESDAY September 17	THURSDAY September 19	SATURDAY September 21
45 minutes	45 minutes	5.5 miles

WEEK 2

TUESDAY September 24	THURSDAY September 26	SATURDAY September 28
45 minutes	45 minutes	7 miles

WEEK 3

TUESDAY October 1	THURSDAY October 3	SATURDAY October 5
45 minutes	45 minutes	4 x 800

WEEK 4

TUESDAY October 8	THURSDAY October 10	SATURDAY October 12
45 minutes	45 minutes	8.5 miles

WEEK 5

TUESDAY October 16	THURSDAY October 17	SATURDAY October 19
45 minutes	45 minutes	6 x 800

WEEK 6

TUESDAY October 22	THURSDAY October 24	SATURDAY October 26
45 minutes	45 minutes	10 miles

WEEK 7

TUESDAY
October 29

45 minutes

THURSDAY
October 31

45 minutes

SATURDAY
November 2

8 x 800

WEEK 8

TUESDAY
November 5

45 minutes

THURSDAY
November 7

45 minutes

SATURDAY
November 9

12 miles

WEEK 9

TUESDAY
November 12

45 minutes

THURSDAY
November 14

45 minutes

SATURDAY
November 16

10 x 800

WEEK 10

TUESDAY
November 19

45 minutes

THURSDAY
November 21

45 minutes

SATURDAY
November 23

14 miles

WEEK 11

TUESDAY
November 26

45 minutes

THURSDAY
November 28

45 minutes

SATURDAY
November 30

12 x 800

WEEK 12

TUESDAY
December 3

45 minutes

THURSDAY
December 5

45 minutes

SATURDAY
December 7

16 miles

WEEK 13

TUESDAY
December 10

45 minutes

THURSDAY
December 12

45 minutes

SATURDAY
December 14

14 x 800

WEEK 14

TUESDAY
December 17

45 minutes

THURSDAY
December 19

45 minutes

SATURDAY
December 21

18 miles

WEEK 15

TUESDAY
December 24

45 minutes

THURSDAY
December 26

45 minutes

SATURDAY
December 28

5 miles

WEEK 16

TUESDAY
December 31

45 minutes

THURSDAY
January 2

45 minutes

SATURDAY
January 4

4 x 800

WEEK 17

TUESDAY
January 7

45 minutes

THURSDAY
January 9

45 minutes

SATURDAY
January 11

Walt Disney World®
Half Marathon

WEEK 18

TUESDAY
January 14

45 minutes

THURSDAY
January 16

45 minutes

SATURDAY
January 18

3 miles