



TRAINING PROGRAM

Time Goal / Goal Date: November 10, 2012
(for those who have run at least one half marathon)

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 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.

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 .



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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

14

Sign up for the Walt Disney World® Marathon in January!

You only need to run three days a week, and run a longer run every 2-3 weeks to prepare. See my free training plan for this January 8th event at RunDisney.com.

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 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



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slower than the 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 days) 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.

DISNEY WINE & DINE HALF MARATHON TRAINING SCHEDULE

3-Day Training Week: Time Goal / Goal Date: November 10, 2012

WEEK 1

TUESDAY
July 10

45 minutes

THURSDAY
July 12

45 minutes

SATURDAY
July 14

4.5 miles

WEEK 2

TUESDAY
July 17

45 minutes

THURSDAY
July 19

45 minutes

SATURDAY
July 21

6 miles

WEEK 3

TUESDAY
July 24

45 minutes

THURSDAY
July 26

45 minutes

SATURDAY
July 28

7.5 miles

WEEK 4

TUESDAY
July 31

45 minutes

THURSDAY
August 2

45 minutes

SATURDAY
August 4

4 x 800

WEEK 5

TUESDAY
August 7

45 minutes

THURSDAY
August 9

45 minutes

SATURDAY
August 11

9 miles

WEEK 6

TUESDAY
August 14

45 minutes

THURSDAY
August 16

45 minutes

SATURDAY
August 18

6 x 800



WEEK 7

TUESDAY
August 21

45 minutes

THURSDAY
August 23

45 minutes

SATURDAY
August 25

11 miles

WEEK 8

TUESDAY
August 28

45 minutes

THURSDAY
August 30

45 minutes

SATURDAY
September 1

8 x 800

WEEK 9

TUESDAY
September 4

45 minutes

THURSDAY
September 6

45 minutes

SATURDAY
September 8

13 miles

WEEK 10

TUESDAY
September 11

45 minutes

THURSDAY
September 13

45 minutes

SATURDAY
September 15

10 x 800

WEEK 11

TUESDAY
September 18

45 minutes

THURSDAY
September 20

45 minutes

SATURDAY
September 22

15 miles

WEEK 12

TUESDAY
September 25

45 minutes

THURSDAY
September 27

45 minutes

SATURDAY
September 29

12 x 800

WEEK 13

TUESDAY
October 2

45 minutes

THURSDAY
October 4

45 minutes

SATURDAY
October 6

5 miles
(3 at race pace)

WEEK 14

TUESDAY
October 9

45 minutes

THURSDAY
October 11

45 minutes

SATURDAY
October 13

15 miles

WEEK 15

TUESDAY
October 16

45 minutes

THURSDAY
October 18

45 minutes

SATURDAY
October 20

14 x 800

WEEK 16

TUESDAY
October 23

45 minutes

THURSDAY
October 25

45 minutes

SATURDAY
October 27

17 miles

WEEK 17

TUESDAY
October 30

45 minutes

THURSDAY
November 1

45 minutes

SATURDAY
November 3

5 miles

WEEK 18

TUESDAY
November 6

45 minutes

THURSDAY
November 8

45 minutes

SATURDAY
November 10

Disney Wine & Dine
Half Marathon



WEEK 19

TUESDAY November 13	THURSDAY November 15	SATURDAY November 17
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45 minutes

45 minutes

5 miles