



TRAINING PROGRAM

Experienced Runners

(those who have been running regularly, but don't have a time goal)

GOAL: To Finish In The Upright Position

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 runners will be running and walking for an hour or less. For more information, see my book HALF MARATHON at www.JeffGalloway.com.

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



TRAINING PROGRAM OVERVIEW



The long run is the key to half marathon success.

As you increase the length of these, you'll 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—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 do what feels natural for you. Let your foot move in its natural way also. 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, and an additional minute per mile at 80F (compared with performances at 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.

Long run pace should be at least 2 min/mi slower than current half marathon race pace, predicted by the Magic Mile (as noted on the following page).

The results of the "magic mile" will predict your best performance possible on raceday. Time limit for the race is 3:30–16 min/mi. 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 on the following page).

Run-walk-run ratio should correspond to the pace used. Here are suggested strategies:

Note: it is OK to walk more frequently than listed.

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" (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.

Race Day practice. On the Thursday runs, after the standard warmup, time yourself for 2 miles and try to run the pace you feel is realistic on raceday, 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. Hint: shorter run segments have often reduced or eliminated slowdown at the end of half marathons.

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 that fatigue the calf muscles (stair machines).

Standard warmup: walk for 3-5 minutes, then, run for 15-30 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 as you wish. Remember—no huffing and puffing.

On Tuesday, after the standard warmup, try various run-walk-run strategies to discover what works best for you. Shorter running segments often result in faster times and less fatigue.

TRAINING PROGRAM OVERVIEW



On Thursday, after the standard warmup, time yourself for 2 miles, running a pace that is realistic on raceday—using the run-walk-run strategy (as noted on the previous page).

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

Magic Mile: I suggest doing this after the standard warmup 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 in the MM by the end of the season to predict a finish time of 3:30 on raceday (this is when the finish line closes).

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

- Use the standard warmup
- 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 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, 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 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. 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 walk breaks.

Note: This training advice is given as one runner to another. For medical questions, ask your doctor.

TRAINING PROGRAM SCHEDULE



GOAL DATE: NOVEMBER 16, 2014

Avengers Super Heroes Half Marathon

Experienced Runners

Tuesday - 30 minutes

Thursday - 30 minutes

Saturday - Listed below

WEEK 1

TUESDAY
July 15

30 minutes

THURSDAY
July 17

30 minutes

SATURDAY
July 19

3 miles

WEEK 2

TUESDAY
July 22

30 minutes

THURSDAY
July 24

30 minutes

SATURDAY
July 26

4 miles

WEEK 3

TUESDAY
July 29

30 minutes

THURSDAY
July 31

30 minutes

SATURDAY
August 2

5 miles

WEEK 4

TUESDAY
August 5

30 minutes

THURSDAY
August 7

30 minutes

SATURDAY
August 9

6 miles

WEEK 5

TUESDAY
August 12

30 minutes

THURSDAY
August 14

30 minutes

SATURDAY
August 16

3 miles
with Magic Mile

WEEK 6

TUESDAY
August 19

30 minutes

THURSDAY
August 21

30 minutes

SATURDAY
August 23

6.5 miles



WEEK 7

TUESDAY
August 26

30 minutes

THURSDAY
August 28

30 minutes

SATURDAY
August 30

4 miles
with Magic Mile

WEEK 9

TUESDAY
September 9

30 minutes

THURSDAY
September 11

30 minutes

SATURDAY
September 13

4 miles
with Magic Mile

WEEK 11

TUESDAY
September 23

30 minutes

THURSDAY
September 25

30 minutes

SATURDAY
September 27

4 miles
with Magic Mile

WEEK 13

TUESDAY
October 7

30 minutes

THURSDAY
October 9

30 minutes

SATURDAY
October 11

4 miles

WEEK 8

TUESDAY
September 2

30 minutes

THURSDAY
September 4

30 minutes

SATURDAY
September 6

8 miles

WEEK 10

TUESDAY
September 16

30 minutes

THURSDAY
September 18

30 minutes

SATURDAY
September 20

9.5 miles

WEEK 12

TUESDAY
September 30

30 minutes

THURSDAY
October 2

30 minutes

SATURDAY
October 4

11 miles

WEEK 14

TUESDAY
October 14

30 minutes

THURSDAY
October 16

30 minutes

SATURDAY
October 18

12.5 miles



WEEK 15

TUESDAY
October 21

30 minutes

THURSDAY
October 23

30 minutes

SATURDAY
October 25

4 miles

WEEK 17

TUESDAY
November 4

30 minutes

THURSDAY
November 6

30 minutes

SATURDAY
November 8

4 miles

WEEK 19

TUESDAY
November 18

30 minutes

THURSDAY
November 20

30 minutes

SATURDAY
November 22

4 miles

WEEK 16

TUESDAY
October 28

30 minutes

THURSDAY
October 30

30 minutes

SATURDAY
November 1

14 miles

WEEK 18

TUESDAY
November 11

30 minutes

THURSDAY
November 13

30 minutes

SUNDAY
November 16

Avengers Super Heroes
Half Marathon