



TRAINING PROGRAM

For Beginning Runners

(those who have been running consistently for less than 6 months)

This proven training program has led thousands of beginners across the finish line, usually with smiles on their faces. 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 GALLOWAY TRAINING PROGRAMS at www.JeffGalloway.com.

Jeff Galloway • US Olympian • runDisney Official Training Consultant

TRAINING PROGRAM OVERVIEW



The long run is the key to marathon training.

As you increase the distance of these, you push back your endurance barriers and prepare yourself to “go the distance” on raceday. You can’t go too slowly on the long runs: your goal is simply to finish each one with strength. Generally, you want to slow down at least 2 minutes per mile slower than you could currently run per mile in a marathon. See the “magic mile” section on the following page for more information.

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 increases from 60F or below to 70F, and an additional minute per mile at 80F. 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 7:00. The per mile pace to reach this goal is 16 min/mi. The “magic mile” (as noted on the following page) will tell you what would be expected as a per mile pace on raceday. Don’t worry if your comfortable long run pace is slower than 16 min/mi. The results of the “magic mile” will tell you what is realistic on raceday. Please practice 15:00 to 15:30 per mile pace during the middle of a Tuesday or a Thursday run each week.

Run-walk-run ratio should correspond to the pace used. If you are just starting to run, try a strategy of (run 5 seconds/walk 55 seconds). If this is too easy, use (10sec run/50 sec walk) for all runs during the first 3 weeks. On long runs, you can continue to use either 5/55 or 10/50. Those who have done regular running in the past can shift to the “To Finish” program after 3 weeks.

Two “maintenance runs” are needed each week to sustain the conditioning needed—usually on Tuesday and Thursday. Please take a day off from running before each running day—especially the long run.

Race Day practice. On the Tuesday run each week, after the standard warmup, time yourself for 2 miles and try to pace at 15:00-15:30 per mile. As you use a variety of run-walk-run strategies, you will find the right ratio for you. A common strategy at this pace is (run 15 sec/walk 45 sec, but some use 20 sec run/40 sec walk, or 30/30). Don’t push yourself if the temperature is high.

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 increase your fat burning. On the cross training days, don’t do exercises like stair machines that concentrate effort in the calf muscle.

Standard warmup: walk for 3-5 minutes, then, run for a few seconds and walk for a minute for 5 minutes. Then, gradually increase the amount of running, reducing the amount of walking for 5 minutes—until you reach the ratio that feels comfortable for you.

On Tuesday, after the standard warmup, try increasing the running portions: run 10 seconds/walk 50 seconds for 5 or more intervals, then run 15 sec/walk 45 seconds for 5 repetitions. At this point, take a 2-3 minute walk break and try 20/40 for 5 minutes, walk 2 minutes and try 30/30 for 5 minutes.

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It is OK to huff and puff a little as you increase the portion of running. But if the latter strategies are too tough, drop back to a comfortable ratio and complete the 30 minutes using whatever ratio you wish.

On Thursday, after the standard warmup, time yourself for 2 miles. Use a run-walk-run strategy that feels comfortable. Try to run at 15:00 to 15:30 per mile.

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

Magic Mile: I suggest doing this after the standard warmup on the non long run weekends. By the end of the training program you want to run a time of 11:15 or faster to predict a finish time below 7:00 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 finishing under the race time limit of 7:00.

- 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 at 1.0 miles.
- **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 2-3 weeks 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 to run faster.
- After the MM, 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. Try walking for about 10-30 seconds after each lap during the MM. Most beginning runners record a faster time when taking short breaks.

Predicted All-Out Effort Pace: Take your best current MM time and multiply by 1.4. This is the fastest pace you could currently expect to run under ideal conditions per mile in the marathon.

Long run pace: should be at least 2 minutes slower than the current predicted marathon pace.

Adjust for temperature: At 70F, slow the pace by an additional minute per mile. At 80F, slow down another minute per mile.

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

TRAINING PROGRAM SCHEDULE



GOAL DATE: JANUARY 11, 2015

Walt Disney World® Marathon

Beginning Runners

Tuesday - 30 minutes

Thursday - 30 minutes

Saturday - Listed below

WEEK 1

TUESDAY July 1	THURSDAY July 3	SATURDAY July 5
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30 minutes

30 minutes

3 miles

WEEK 2

TUESDAY July 8	THURSDAY July 10	SATURDAY July 12
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30 minutes

30 minutes

4 miles

WEEK 3

TUESDAY July 15	THURSDAY July 17	SATURDAY July 19
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30 minutes

30 minutes

2.5 miles

WEEK 4

TUESDAY July 22	THURSDAY July 24	SATURDAY July 26
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30 minutes

30 minutes

5.5 miles

WEEK 5

TUESDAY July 29	THURSDAY July 31	SATURDAY August 2
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30 minutes

30 minutes

3 miles

WEEK 6

TUESDAY August 5	THURSDAY August 7	SATURDAY August 9
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30 minutes

30 minutes

7 miles



WEEK 7

TUESDAY
August 12

30 minutes

THURSDAY
August 14

30 minutes

SATURDAY
August 16

3 miles

WEEK 9

TUESDAY
August 26

30 minutes

THURSDAY
August 28

30 minutes

SATURDAY
August 30

3 miles

WEEK 11

TUESDAY
September 9

30 minutes

THURSDAY
September 11

30 minutes

SATURDAY
September 13

3 miles

WEEK 13

TUESDAY
September 23

30 minutes

THURSDAY
September 25

30 minutes

SATURDAY
September 27

3 miles

WEEK 8

TUESDAY
August 19

30 minutes

THURSDAY
August 21

30 minutes

SATURDAY
August 23

9 miles

WEEK 10

TUESDAY
September 2

30 minutes

THURSDAY
September 4

30 minutes

SATURDAY
September 6

11 miles

WEEK 12

TUESDAY
September 16

30 minutes

THURSDAY
September 18

30 minutes

SATURDAY
September 20

13 miles

WEEK 14

TUESDAY
September 30

30 minutes

THURSDAY
October 2

30 minutes

SATURDAY
October 4

15 miles



WEEK 15

TUESDAY
October 7

30 minutes

THURSDAY
October 9

30 minutes

SATURDAY
October 11

3 miles

WEEK 17

TUESDAY
October 21

30 minutes

THURSDAY
October 23

30 minutes

SATURDAY
October 25

5 miles

WEEK 19

TUESDAY
November 4

30 minutes

THURSDAY
November 6

30 minutes

SATURDAY
November 8

20 miles

WEEK 21

TUESDAY
November 18

30 minutes

THURSDAY
November 20

30 minutes

SATURDAY
November 22

6 miles
with Magic Mile

WEEK 16

TUESDAY
October 14

30 minutes

THURSDAY
October 16

30 minutes

SATURDAY
October 18

17 miles

WEEK 18

TUESDAY
October 28

30 minutes

THURSDAY
October 30

30 minutes

SATURDAY
November 1

6 miles
with Magic Mile

WEEK 20

TUESDAY
November 11

30 minutes

THURSDAY
November 13

30 minutes

SATURDAY
November 15

6 miles

WEEK 22

TUESDAY
November 25

30 minutes

THURSDAY
November 27

30 minutes

SATURDAY
November 29

23 miles



WEEK 23

TUESDAY
December 2

30 minutes

THURSDAY
December 4

30 minutes

SATURDAY
December 6

6 miles

WEEK 25

TUESDAY
December 16

30 minutes

THURSDAY
December 18

30 minutes

SATURDAY
December 20

26 miles

WEEK 27

TUESDAY
December 30

30 minutes

THURSDAY
January 1

30 minutes

SATURDAY
January 3

6 miles

WEEK 29

TUESDAY
January 13

30 minutes

THURSDAY
January 15

30 minutes

SATURDAY
January 17

3 miles

WEEK 24

TUESDAY
December 9

30 minutes

THURSDAY
December 11

30 minutes

SATURDAY
December 13

6 miles

WEEK 26

TUESDAY
December 23

30 minutes

THURSDAY
December 25

30 minutes

SATURDAY
December 27

6 miles

WEEK 28

TUESDAY
January 6

30 minutes

THURSDAY
January 8

30 minutes

SUNDAY
January 11

*Walt Disney World®
Marathon*