



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 proven training program has led thousands of runners across the finish line, while reducing the chance of injury to almost zero. Only 3 weekly training days are needed: 30-45 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 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.

By inserting strategic walk breaks from the beginning of long runs you can significantly reduce fatigue. The run-walk-run ratio should correspond to the pace used. 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” of 30-45 minutes each will sustain the conditioning needed. Most commonly, these are done on Tuesday and Thursday. Each runner can choose the pace or the run-walk-run ratio for each of these runs.

Race Day practice. On a Tuesday and/or a Thursday run each week, after the standard warmup, time yourself for 2 miles and run a pace that you feel is realistic on race day. If you are concerned about the 16 minutes/mile needed to finish before the closing of the course, practice running at 15-15:30 per mile. During these segments, use a variety of run-walk-run strategies to find the right ratio for you.

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.

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On Tuesday, after the standard warmup, try increasing the running portions. For example, if you are currently running a minute/walking a minute, try a few rotations of run 2 minutes/walk 1 minute. 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 by 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 if you suspect that 16 minutes might be a challenge on raceday.

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

Experienced Runners

Tuesday - 30 minutes

Thursday - 30 minutes

Saturday - Listed below

WEEK 1

TUESDAY July 1	THURSDAY July 3	SATURDAY July 5
30 minutes	30 minutes	3 miles

WEEK 2

TUESDAY July 8	THURSDAY July 10	SATURDAY July 12
30 minutes	30 minutes	4 miles

WEEK 3

TUESDAY July 15	THURSDAY July 17	SATURDAY July 19
30 minutes	30 minutes	3 miles

WEEK 4

TUESDAY July 22	THURSDAY July 24	SATURDAY July 26
30 minutes	30 minutes	5.5 miles

WEEK 5

TUESDAY July 29	THURSDAY July 31	SATURDAY August 2
30 minutes	30 minutes	3 miles

WEEK 6

TUESDAY August 5	THURSDAY August 7	SATURDAY August 9
30 minutes	30 minutes	7 miles



WEEK 7

TUESDAY August 12	THURSDAY August 14	SATURDAY August 16
30 minutes	30 minutes	4 miles

WEEK 9

TUESDAY August 26	THURSDAY August 28	SATURDAY August 30
30 minutes	30 minutes	4 miles

WEEK 11

TUESDAY September 9	THURSDAY September 11	SATURDAY September 13
30 minutes	30 minutes	4 miles

WEEK 13

TUESDAY September 23	THURSDAY September 25	SATURDAY September 27
30 minutes	30 minutes	4 miles

WEEK 8

TUESDAY August 19	THURSDAY August 21	SATURDAY August 23
30 minutes	30 minutes	9 miles

WEEK 10

TUESDAY September 2	THURSDAY September 4	SATURDAY September 6
30 minutes	30 minutes	11 miles

WEEK 12

TUESDAY September 16	THURSDAY September 18	SATURDAY September 20
30 minutes	30 minutes	13 miles

WEEK 14

TUESDAY September 30	THURSDAY October 2	SATURDAY October 4
30 minutes	30 minutes	15 miles



WEEK 15

TUESDAY October 7	THURSDAY October 9	SATURDAY October 11
30 minutes	30 minutes	4 miles

WEEK 17

TUESDAY October 21	THURSDAY October 23	SATURDAY October 25
30 minutes	30 minutes	5 miles

WEEK 19

TUESDAY November 4	THURSDAY November 6	SATURDAY November 8
30 minutes	30 minutes	20 miles

WEEK 21

TUESDAY November 18	THURSDAY November 20	SATURDAY November 22
30 minutes	30 minutes	7 miles with Magic Mile

WEEK 16

TUESDAY October 14	THURSDAY October 16	SATURDAY October 18
30 minutes	30 minutes	17 miles

WEEK 18

TUESDAY October 28	THURSDAY October 30	SATURDAY November 1
30 minutes	30 minutes	6 miles with Magic Mile

WEEK 20

TUESDAY November 11	THURSDAY November 13	SATURDAY November 15
30 minutes	30 minutes	6 miles

WEEK 22

TUESDAY November 25	THURSDAY November 27	SATURDAY November 29
30 minutes	30 minutes	23 miles



WEEK 23

TUESDAY December 2	THURSDAY December 4	SATURDAY December 6
30 minutes	30 minutes	6 miles

WEEK 25

TUESDAY December 16	THURSDAY December 18	SATURDAY December 20
30 minutes	30 minutes	26 miles

WEEK 27

TUESDAY December 30	THURSDAY January 1	SATURDAY January 3
30 minutes	30 minutes	7 miles

WEEK 29

TUESDAY January 13	THURSDAY January 15	SATURDAY January 17
30 minutes	30 minutes	3 miles

WEEK 24

TUESDAY December 9	THURSDAY December 11	SATURDAY December 13
30 minutes	30 minutes	7 miles with Magic Mile

WEEK 26

TUESDAY December 23	THURSDAY December 25	SATURDAY December 27
30 minutes	30 minutes	6 miles

WEEK 28

TUESDAY January 6	THURSDAY January 8	SUNDAY January 11
30 minutes	30 minutes	<i>Walt Disney World®</i> Marathon