



## TRAINING PROGRAM

Experienced Runners

(those who have run at least one marathon)

**GOAL: To Finish - Half on 1/10/15 and Full Marathon on 1/11/15**

This program is designed for those who have run a marathon before and want to improve their 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 GALLOWAY TRAINING PROGRAMS at [www.JeffGalloway.com](http://www.JeffGalloway.com).

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# TRAINING PROGRAM OVERVIEW



**The long weekend sessions are the key to success in “The Goofy”.** As you increase the distance of a long walk on Saturday, followed by a long run on Sunday, the body prepares to “go the distance” in both events, on race weekend. You can’t go too slowly during either the walk or the run: your goal is simply to finish each one with strength. On the Sunday runs, the pace should be at least 2 minutes per mile slower than you could currently run a fast 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 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 half marathon (1/10/15) is 3:30, and for the marathon (1/11/15) is 7:00. The per mile pace to reach this goals 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 run each week. On Thursday, if you are concerned about maintaining a 16 min/mi pace on raceday, it is best to do a timed walk for 2-3 miles (16:00), inserting 10-20 seconds of running into each minute.

**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 (remember to slow down at least 2 min/mi slower than current predicted fast marathon pace). 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.** During the middle of a Tuesday 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. On Thursday, time yourself, for a 2 mile segment, mostly walking.

**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.

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**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 that day.

**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 okay 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: 30sec run-30 sec walk, 20/40 or 15/45.

**On Thursday, after the standard warmup, time yourself for 2 - 3 miles, at the pace you want to run on raceday, using the appropriate run-walk-run strategy.** If you are concerned about maintaining a 16 min/mi pace, walk at a comfortable but good pace (short stride, quick turnover) inserting 10-20 seconds of running every minute to maintain a pace that is slightly below 16 minutes 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 weekends noted on the schedule. 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 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.



## Goofy's Race and a Half Challenge Experienced Runners

Tuesday - 45 minutes

Thursday - 45 minutes

Saturday/Sunday - Listed below

### WEEK 1

<b>TUESDAY</b> July 1	<b>THURSDAY</b> July 3	<b>SATURDAY</b> July 5
45 minutes	45 minutes	3 miles

### WEEK 2

<b>TUESDAY</b> July 8	<b>THURSDAY</b> July 10	<b>SATURDAY</b> July 12
45 minutes	45 minutes	4 miles

### WEEK 3

<b>TUESDAY</b> July 15	<b>THURSDAY</b> July 17	<b>SATURDAY</b> July 19
45 minutes	45 minutes	3 miles

### WEEK 4

<b>TUESDAY</b> July 22	<b>THURSDAY</b> July 24	<b>SATURDAY</b> July 26
45 minutes	45 minutes	5.5 miles

### WEEK 5

<b>TUESDAY</b> July 29	<b>THURSDAY</b> July 31	<b>SATURDAY</b> August 2
45 minutes	45 minutes	3 miles

### WEEK 6

<b>TUESDAY</b> August 5	<b>THURSDAY</b> August 7	<b>SATURDAY</b> August 9
45 minutes	45 minutes	7 miles



### WEEK 7

<b>TUESDAY</b> August 12	<b>THURSDAY</b> August 14	<b>SATURDAY</b> August 16
45 minutes	45 minutes	3 miles

### WEEK 9

<b>TUESDAY</b> August 26	<b>THURSDAY</b> August 28	<b>SATURDAY</b> August 30
45 minutes	45 minutes	3 miles

### WEEK 11

<b>TUESDAY</b> September 9	<b>THURSDAY</b> September 11	<b>SATURDAY</b> September 13
45 minutes	45 minutes	3 miles

### WEEK 13

<b>TUESDAY</b> September 23	<b>THURSDAY</b> September 25	<b>SATURDAY</b> September 27
45 minutes	45 minutes	3 miles

### WEEK 8

<b>TUESDAY</b> August 19	<b>THURSDAY</b> August 21	<b>SATURDAY</b> August 23
45 minutes	45 minutes	9 miles

### WEEK 10

<b>TUESDAY</b> September 2	<b>THURSDAY</b> September 4	<b>SATURDAY</b> September 6
45 minutes	45 minutes	11 miles

### WEEK 12

<b>TUESDAY</b> September 16	<b>THURSDAY</b> September 18	<b>SATURDAY</b> Sept 20	<b>SUNDAY</b> Sept 21
45 minutes	45 minutes	walk 4 miles	13 miles run/walk

### WEEK 14

<b>TUESDAY</b> September 30	<b>THURSDAY</b> October 2	<b>SATURDAY</b> Oct 4	<b>SUNDAY</b> Oct 5
45 minutes	45 minutes	walk 5.5 miles	15 miles



### WEEK 15

<b>TUESDAY</b> October 7	<b>THURSDAY</b> October 9	<b>SATURDAY</b> October 11
45 minutes	45 minutes	3 miles

### WEEK 17

<b>TUESDAY</b> October 21	<b>THURSDAY</b> October 23	<b>SATURDAY</b> October 25
45 minutes	45 minutes	5 miles

### WEEK 19

<b>TUESDAY</b> November 4	<b>THURSDAY</b> November 6	<b>SATURDAY</b> Nov 8	<b>SUNDAY</b> Nov 9
45 minutes	45 minutes	8.5 mile walk	20 miles run/walk

### WEEK 21

<b>TUESDAY</b> November 18	<b>THURSDAY</b> November 20	<b>SATURDAY</b> November 22
45 minutes	45 minutes	7 miles with Magic Mile

### WEEK 16

<b>TUESDAY</b> October 14	<b>THURSDAY</b> October 16	<b>SATURDAY</b> Oct 18	<b>SUNDAY</b> Oct 19
45 minutes	45 minutes	walk 7 miles	17 miles run/walk

### WEEK 18

<b>TUESDAY</b> October 28	<b>THURSDAY</b> October 30	<b>SATURDAY</b> November 1
45 minutes	45 minutes	6 miles with Magic Mile

### WEEK 20

<b>TUESDAY</b> November 11	<b>THURSDAY</b> November 13	<b>SATURDAY</b> November 15
45 minutes	45 minutes	6 miles

### WEEK 22

<b>TUESDAY</b> November 25	<b>THURSDAY</b> November 27	<b>SATURDAY</b> Nov 29	<b>SUNDAY</b> Nov 30
45 minutes	45 minutes	10 mile walk	23 miles



### WEEK 23

<b>TUESDAY</b> December 2	<b>THURSDAY</b> December 4	<b>SATURDAY</b> December 6
45 minutes	45 minutes	6 miles

### WEEK 25

<b>TUESDAY</b> December 16	<b>THURSDAY</b> December 18	<b>SATURDAY</b> Dec 20	<b>SUNDAY</b> Dec 21
45 minutes	45 minutes	12 mile walk	26 miles run/walk

### WEEK 27

<b>TUESDAY</b> December 30	<b>THURSDAY</b> January 1	<b>SATURDAY</b> January 3
45 minutes	45 minutes	7 miles

### WEEK 29

<b>TUESDAY</b> January 13	<b>THURSDAY</b> January 15	<b>SATURDAY</b> January 17
45 minutes	45 minutes	3 miles

### WEEK 24

<b>TUESDAY</b> December 9	<b>THURSDAY</b> December 11	<b>SATURDAY</b> December 13
45 minutes	45 minutes	7 miles with Magic Mile

### WEEK 26

<b>TUESDAY</b> December 23	<b>THURSDAY</b> December 25	<b>SATURDAY</b> December 27
45 minutes	45 minutes	6 miles

### WEEK 28

<b>TUESDAY</b> January 6	<b>THURSDAY</b> January 8	<b>SATURDAY</b> Jan 10	<b>SUNDAY</b> Jan 11
45 minutes	45 minutes	<i>Walt Disney World® Half Marathon</i>	<i>Walt Disney World® Marathon</i>