



## TRAINING PROGRAM

### Beginning Runners

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

Thousands of beginning runners have finished half marathons, with strength, using this program. 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 HALF MARATHON at [www.JeffGalloway.com](http://www.JeffGalloway.com).

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

SUPER  
HEROES

# TRAINING PROGRAM OVERVIEW



## **The long run is the key to half marathon training.**

As you increase the length of these, you push back your endurance barriers and 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 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 is 70F, and an additional minute per mile at 80F (compared with 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).

**Time limit for the race is 3:30. The per mile pace to reach this goal is 16 min/mi.** The “magic mile” or MM (as noted on the following page), will predict current potential on an ideal race day. Long run pace should be at least 2 min/mi slower than current half marathon race pace, predicted by the MM. Please practice running at 15:00 to 15:30 per mile pace during the middle of a Tuesday or a Thursday run each week, if you think that a 3:30 goal will be challenging.

**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 3-4 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. On Tuesday, practice various run-walk-run strategies and enjoy these runs. On designated non-long-run weekends, run the MM.

**Race Day practice.** On a Tuesday and/or a Thursday 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 should 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).

**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 enhance the fat burning. On the cross training days, don’t do exercises that can fatigue the calf muscle, like stair machines.

**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.

# TRAINING PROGRAM OVERVIEW



**On Tuesday, after the standard warmup, try increasing the running portions:** run 10 seconds/ walk 50 seconds for 5 or more intervals, then try 15 sec run /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. 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.

**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 listed below. By the end of the training program you want to run a 12:15 time or faster to predict a finish time below 3:30 on raceday—at 60F. Be sure to adjust pace for temperature increase (as noted on the previous page), on long runs and 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 3:30.**

- 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 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 (Ideal Conditions) Pace:** Take your best current MM time and multiply by 1.3. This is the fastest pace you could currently expect to run under ideal conditions per mile in the half marathon.

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

**Adjust for temperature on long runs:** 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.



## Avengers Super Heroes Half Marathon

### Beginning Runners

Tuesday - 30 minutes

Thursday - 30 minutes

Saturday - Listed below

### WEEK 1

TUESDAY July 12	THURSDAY July 14	SATURDAY July 16
30 minutes	30 minutes	2 miles

### WEEK 2

TUESDAY July 19	THURSDAY July 21	SATURDAY July 23
30 minutes	30 minutes	3 miles

### WEEK 3

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

### WEEK 4

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

### WEEK 5

TUESDAY August 9	THURSDAY August 11	SATURDAY August 13
30 minutes	30 minutes	5 miles

### WEEK 6

TUESDAY August 16	THURSDAY August 18	SATURDAY August 20
30 minutes	30 minutes	6.5 miles



### WEEK 7

<b>TUESDAY</b> August 23	<b>THURSDAY</b> August 25	<b>SATURDAY</b> August 27
30 minutes	30 minutes	3 miles

### WEEK 9

<b>TUESDAY</b> September 6	<b>THURSDAY</b> September 8	<b>SATURDAY</b> September 10
30 minutes	30 minutes	3 miles

### WEEK 11

<b>TUESDAY</b> September 20	<b>THURSDAY</b> September 22	<b>SATURDAY</b> September 24
30 minutes	30 minutes	3 miles with Magic Mile

### WEEK 13

<b>TUESDAY</b> October 4	<b>THURSDAY</b> October 6	<b>SATURDAY</b> October 8
30 minutes	30 minutes	3 miles with Magic Mile

### WEEK 8

<b>TUESDAY</b> August 30	<b>THURSDAY</b> September 1	<b>SATURDAY</b> September 3
30 minutes	30 minutes	8 miles with Magic Mile

### WEEK 10

<b>TUESDAY</b> September 13	<b>THURSDAY</b> September 15	<b>SATURDAY</b> September 17
30 minutes	30 minutes	9.5 miles

### WEEK 12

<b>TUESDAY</b> September 27	<b>THURSDAY</b> September 29	<b>SATURDAY</b> October 1
30 minutes	30 minutes	11 miles

### WEEK 14

<b>TUESDAY</b> October 11	<b>THURSDAY</b> October 13	<b>SATURDAY</b> October 15
30 minutes	30 minutes	12.5 miles



### WEEK 15

<b>TUESDAY</b> October 18	<b>THURSDAY</b> October 20	<b>SATURDAY</b> October 22
30 minutes	30 minutes	3 miles with Magic Mile

### WEEK 17

<b>TUESDAY</b> November 1	<b>THURSDAY</b> November 3	<b>SATURDAY</b> November 5
30 minutes	30 minutes	3 miles

### WEEK 19

<b>TUESDAY</b> November 16	<b>THURSDAY</b> November 18	<b>SATURDAY</b> November 20
30 minutes	30 minutes	3 miles

### WEEK 16

<b>TUESDAY</b> October 25	<b>THURSDAY</b> October 27	<b>SATURDAY</b> October 29
30 minutes	30 minutes	14 miles

### WEEK 18

<b>TUESDAY</b> November 8	<b>THURSDAY</b> November 10	<b>SUNDAY</b> November 13
30 minutes	30 minutes	Avengers Super Heroes Half Marathon