



## TRAINING PROGRAM

### Time Goal Runners

(those who have run at least one marathon)

**GOAL: To Improve On Previous Time**

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).

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

# TRAINING PROGRAM OVERVIEW



## **The long run is the key to marathon success.**

As you increase the distance of these, you push back your endurance barriers and prepare yourself to avoid “the wall” on raceday. Recommended pace is at least 2 min/mi slower than your best marathon during the last year. You cannot go too slowly on the long runs: your goal is simply to finish each one and recover fast.

**To begin this program, you should have run a long run of at least 4 miles during the last two weeks in June.** If you were not at that distance, simply walk the first 2 miles of the 5.5 mile run on July 5.

**Set a realistic goal:** 20-30 seconds per mile faster than your best marathon performance in the past year is the most improvement that most runners can achieve in 6 months.

**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 30 seconds per mile for every 5 degrees above 60F. Please make these pace adjustments on the hot long runs and in the race itself (if needed), 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.

## **Run-walk-run ratio should correspond to the pace used.**

Here are 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” are needed each week to sustain the conditioning needed—usually on Tuesday and Thursday.** Maximum recovery occurs when taking a day off from running before each running day. On Tuesday and or Thursday, practice various run-walk-run strategies, at race pace, for 2-4 miles.

**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 2-3 minutes, then, run 1-2 minutes and walk 30-60 seconds for 10 minutes. Then, gradually increase the amount of running, reducing the amount of walking, so that you are comfortable with the pace on that run.

**Race Day practice.** On the Tuesday and/or Thursday runs, after the standard warmup, time yourself for 2-4 miles and try to run the pace you want to run on raceday, using the appropriate run-walk-run ratio. As you use a variety of run-walk-run strategies, you will find the right ratio for you. It is often surprising to find that shorter running segments result in faster times and less fatigue.

**On Thursday, run another “race day practice” run.** You can also run, untimed, on a hilly course to strengthen the running muscles. After the standard warmup, run up and down 3-6 hills, at a pace similar to your goal pace.

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

# TRAINING PROGRAM OVERVIEW



**Speedwork:** one mile repeats are included to improve speed. Do the standard warmup, followed by 4 accelerations that gradually increase to workout pace. Run each one mile segment 30 seconds faster than your goal pace, and walk for 5 minutes. Then repeat as noted on the schedule.

**Magic Mile:** I suggest doing this after the standard warmup on the days noted on the schedule 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, and adjust for temperature and crowd slowdown 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 current potential per mile pace on an ideal day.**

- Use the standard warmup (# 10)
- Run around a track if at all possible (or a very accurately measured one mile segment)
- Time yourself. Start the watch at the beginning, and keep it running until you cross the finish of the one mile segment.
- **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 1 week 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.
- Jog slowly for the rest of the mileage 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 at the half. Most runners who’ve reported in after trying it both ways, record a faster time when taking short breaks.

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

# TRAINING PROGRAM SCHEDULE



## GOAL DATE: JANUARY 10, 2016

### Walt Disney World® Marathon

#### Time Goal Runners

Tuesday - 45 minutes

Thursday - 45 minutes

Saturday - Listed below

#### WEEK 1

TUESDAY June 30	THURSDAY July 2	SATURDAY July 4
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45 minutes

45 minutes

5.5 miles

#### WEEK 2

TUESDAY July 7	THURSDAY July 9	SATURDAY July 11
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45 minutes

45 minutes

7 miles

#### WEEK 3

TUESDAY July 14	THURSDAY July 16	SATURDAY July 18
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45 minutes

45 minutes

3 miles

#### WEEK 4

TUESDAY July 21	THURSDAY July 23	SATURDAY July 25
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45 minutes

45 minutes

9 miles

#### WEEK 5

TUESDAY July 28	THURSDAY July 30	SATURDAY August 1
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45 minutes

45 minutes

4 miles

#### WEEK 6

TUESDAY August 4	THURSDAY August 6	SATURDAY August 8
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45 minutes

45 minutes

11 miles



## WEEK 7

**TUESDAY**  
August 11

45 minutes

**THURSDAY**  
August 13

45 minutes

**SATURDAY**  
August 15

4 miles

## WEEK 9

**TUESDAY**  
August 25

45 minutes

**THURSDAY**  
August 27

45 minutes

**SATURDAY**  
August 29

5 miles

## WEEK 11

**TUESDAY**  
September 8

45 minutes

**THURSDAY**  
September 10

45 minutes

**SATURDAY**  
September 12

4 x 1 mile

## WEEK 13

**TUESDAY**  
September 22

45 minutes

**THURSDAY**  
September 24

45 minutes

**SATURDAY**  
September 26

6 x 1 mile

## WEEK 8

**TUESDAY**  
August 18

45 minutes

**THURSDAY**  
August 20

45 minutes

**SATURDAY**  
August 22

13 miles

## WEEK 10

**TUESDAY**  
September 1

45 minutes

**THURSDAY**  
September 3

45 minutes

**SATURDAY**  
September 5

15 miles

## WEEK 12

**TUESDAY**  
September 15

45 minutes

**THURSDAY**  
September 17

45 minutes

**SATURDAY**  
September 19

17 miles

## WEEK 14

**TUESDAY**  
September 29

45 minutes

**THURSDAY**  
October 1

45 minutes

**SATURDAY**  
October 3

7 miles  
with Magic Mile



## WEEK 15

**TUESDAY**  
October 6

45 minutes

**THURSDAY**  
October 8

45 minutes

**SATURDAY**  
October 10

20 miles

## WEEK 17

**TUESDAY**  
October 20

45 minutes

**THURSDAY**  
October 22

45 minutes

**SATURDAY**  
October 24

7 miles  
with Magic Mile

## WEEK 19

**TUESDAY**  
November 3

45 minutes

**THURSDAY**  
November 5

45 minutes

**SATURDAY**  
November 7

10 x 1 mile

## WEEK 21

**TUESDAY**  
November 17

45 minutes

**THURSDAY**  
November 19

45 minutes

**SATURDAY**  
November 21

26 miles

## WEEK 16

**TUESDAY**  
October 13

45 minutes

**THURSDAY**  
October 15

45 minutes

**SATURDAY**  
October 17

8 x 1 mile

## WEEK 18

**TUESDAY**  
October 27

45 minutes

**THURSDAY**  
October 29

45 minutes

**SATURDAY**  
October 31

23 miles

## WEEK 20

**TUESDAY**  
November 10

45 minutes

**THURSDAY**  
November 12

45 minutes

**SATURDAY**  
November 14

7 miles  
with Magic Mile

## WEEK 22

**TUESDAY**  
November 24

45 minutes

**THURSDAY**  
November 26

45 minutes

**SATURDAY**  
November 28

12 x 1 mile



## WEEK 23

**TUESDAY**  
December 1

45 minutes

**THURSDAY**  
December 3

45 minutes

**SATURDAY**  
December 5

7 miles  
with Magic Mile

## WEEK 25

**TUESDAY**  
December 15

45 minutes

**THURSDAY**  
December 17

45 minutes

**SATURDAY**  
December 19

14 x 1 mile

## WEEK 27

**TUESDAY**  
December 29

45 minutes

**THURSDAY**  
December 31

45 minutes

**SATURDAY**  
January 2

7 miles

## WEEK 29

**TUESDAY**  
January 2

45 minutes

**THURSDAY**  
January 14

45 minutes

**SATURDAY**  
January 16

3 miles

## WEEK 24

**TUESDAY**  
December 8

45 minutes

**THURSDAY**  
December 10

45 minutes

**SATURDAY**  
December 12

29 miles

## WEEK 26

**TUESDAY**  
December 22

45 minutes

**THURSDAY**  
December 24

45 minutes

**SATURDAY**  
December 26

7 miles

## WEEK 28

**TUESDAY**  
January 5

45 minutes

**THURSDAY**  
January 7

45 minutes

**SUNDAY**  
January 10

*Walt Disney World®  
Marathon*