



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 8, 2017

Walt Disney World® Marathon

Experienced Runners

Tuesday - 30 minutes

Thursday - 30 minutes

Saturday - Listed below

WEEK 1

TUESDAY June 28	THURSDAY June 30	SATURDAY July 2
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30 minutes

30 minutes

3 miles

WEEK 2

TUESDAY July 5	THURSDAY July 7	SATURDAY July 9
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30 minutes

30 minutes

4 miles

WEEK 3

TUESDAY July 12	THURSDAY July 14	SATURDAY July 16
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30 minutes

30 minutes

3 miles

WEEK 4

TUESDAY July 19	THURSDAY July 21	SATURDAY July 23
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30 minutes

30 minutes

5.5 miles

WEEK 5

TUESDAY July 26	THURSDAY July 28	SATURDAY July 30
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30 minutes

30 minutes

3 miles

WEEK 6

TUESDAY August 2	THURSDAY August 4	SATURDAY August 6
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30 minutes

30 minutes

7 miles



WEEK 7

TUESDAY
August 9

30 minutes

THURSDAY
August 11

30 minutes

SATURDAY
August 13

4 miles

WEEK 9

TUESDAY
August 23

30 minutes

THURSDAY
August 25

30 minutes

SATURDAY
August 27

4 miles

WEEK 11

TUESDAY
September 6

30 minutes

THURSDAY
September 8

30 minutes

SATURDAY
September 10

4 miles

WEEK 13

TUESDAY
September 20

30 minutes

THURSDAY
September 22

30 minutes

SATURDAY
September 24

4 miles

WEEK 8

TUESDAY
August 16

30 minutes

THURSDAY
August 18

30 minutes

SATURDAY
August 20

9 miles

WEEK 10

TUESDAY
August 30

30 minutes

THURSDAY
September 1

30 minutes

SATURDAY
September 3

11 miles

WEEK 12

TUESDAY
September 13

30 minutes

THURSDAY
September 15

30 minutes

SATURDAY
September 17

13 miles

WEEK 14

TUESDAY
September 27

30 minutes

THURSDAY
September 29

30 minutes

SATURDAY
October 1

15 miles



WEEK 15

TUESDAY
October 4

30 minutes

THURSDAY
October 6

30 minutes

SATURDAY
October 8

4 miles

WEEK 17

TUESDAY
October 18

30 minutes

THURSDAY
October 20

30 minutes

SATURDAY
October 22

5 miles

WEEK 19

TUESDAY
November 1

30 minutes

THURSDAY
November 3

30 minutes

SATURDAY
November 5

20 miles

WEEK 21

TUESDAY
November 15

30 minutes

THURSDAY
November 17

30 minutes

SATURDAY
November 19

7 miles
with Magic Mile

WEEK 16

TUESDAY
October 11

30 minutes

THURSDAY
October 13

30 minutes

SATURDAY
October 15

17 miles

WEEK 18

TUESDAY
October 25

30 minutes

THURSDAY
October 27

30 minutes

SATURDAY
October 29

6 miles
with Magic Mile

WEEK 20

TUESDAY
November 8

30 minutes

THURSDAY
November 10

30 minutes

SATURDAY
November 12

6 miles

WEEK 22

TUESDAY
November 22

30 minutes

THURSDAY
November 24

30 minutes

SATURDAY
November 26

23 miles



WEEK 23

TUESDAY
November 29

30 minutes

THURSDAY
December 1

30 minutes

SATURDAY
December 3

6 miles

WEEK 25

TUESDAY
December 13

30 minutes

THURSDAY
December 15

30 minutes

SATURDAY
December 17

26 miles

WEEK 27

TUESDAY
December 27

30 minutes

THURSDAY
December 29

30 minutes

SATURDAY
December 31

7 miles

WEEK 29

TUESDAY
January 10

30 minutes

THURSDAY
January 12

30 minutes

SATURDAY
January 14

3 miles

WEEK 24

TUESDAY
December 6

30 minutes

THURSDAY
December 8

30 minutes

SATURDAY
December 10

7 miles
with Magic Mile

WEEK 26

TUESDAY
December 20

30 minutes

THURSDAY
December 22

30 minutes

SATURDAY
December 24

6 miles

WEEK 28

TUESDAY
January 3

30 minutes

THURSDAY
January 5

30 minutes

SUNDAY
January 8

*Walt Disney World®
Marathon*