



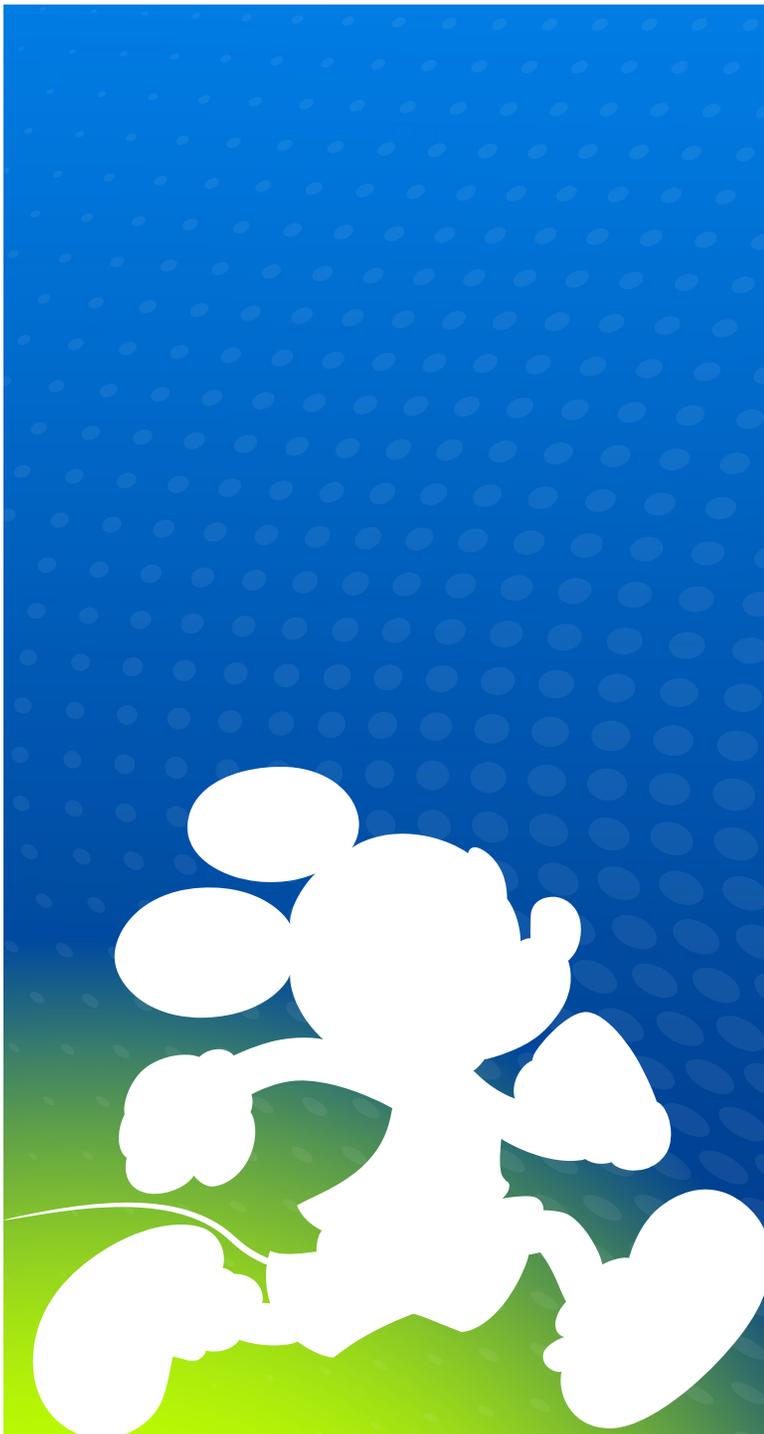
# MARATHON

## TRAINING PROGRAM

***For Experienced Runners, Time Goal Runners,  
Or Those Who Are Stepping Up To A Challenge***

Whether you want to improve your time or take on a marathon, the following training program can get you to the finish line so you can enjoy the accomplishment—and the parks!

**By Olympian Jeff Galloway  
Official Training Consultant, runDisney®**



**Thousands every year improve times by using this unique combination of proven components which help you run longer, faster, and more efficiently.**

Between the weekend runs are 45 minute workouts every other day—and each has a mission. The longer weekend workouts, include endurance speedwork (no sprinting). Those who follow the “injury-free” guidelines have reduced aches, pains and injuries to almost zero. The Goofy, Dopey and 10K/HALF challenges don’t include speed training. Race weekend simulation weeks occur every 2-3 weeks, gradually increasing over several months and preparing the body to handle daily races, several days in a row.

- **You can’t go too slowly on the long ones—and can even walk the entire distance.** As you increase the length of the long ones, you push back your endurance barriers so that on race day you can keep going to the finish. The only goal for each long workout is simply to finish.
- **No huffing and puffing!** On long runs, you want to be able to carry on a conversation throughout the run—even at the end. 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 assume the alignment that feels natural for you. Most runners land on the heel and gently roll off—but let your feet gently move in their normal range of motion.

- **Walking form:** walk with a gentle stride, which 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, adjusting run walk run® strategy as the temperature rises. Remember that walking only is always an option. 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 2.5 min/mi slower than current half marathon race pace,** predicted by the Magic Mile (or MM, noted in the information below). Even if you are running another race distance, use the half marathon as your guide to determine long run pace. Sixteen minutes per mile is the pace you will need to run in the race to stay ahead of the course closing time.

**How To Stay Injury-Free:**

Use a conservative RUN WALK RUN® (RWR) STRATEGY—Each walk break reduces fatigue and stress on “weak links”.

My method has allowed thousands of runners every year to improve time and to finish the challenges running strong. By inserting a walk break from the beginning of the workout and the race, and continuing to walk according to a plan, there is no need to experience extra fatigue, pain, or injuries. For more information use my Jeff Galloway App (free download

and free run walk run timer).

Don’t go into denial! If you experience swelling or pain that doesn’t go away or gets worse on a run—STOP.

- Take 3-5 days off from running
- If injured area is near the skin, rub a chunk of ice for 15 minutes every night
- If there is joint irritation or continued pain—ask your doctor for advice ASAP

**Pace Strategy**—Based Upon Calculations From The MM. The run-walk-run ratio to the pace used. Is directly related to the current pace. Here are suggested strategies by pace.

**Note:** it is always OK to walk more frequently than listed (running segment is first).

9:00 min/mi:	run 2 min/walk 30 sec
9:30 -10:45 min/mi:	90/30
10:45 -12:15 min/mi:	60/30
12:15 -14:15 min/mi:	30/30
14:30 -15:45 min/mi:	15/30
15:30 -17:00 min/mi:	10/30
17:00 -18:30 min/mi:	8/30
18:30 - 20:00 min/mi:	5/30

**On the non running days** you can do little or no exercise or engage in cross training such as swimming, cycling, aquajogging, rowing, etc. Don’t do exercises that tire the legs—such as stair workouts or weight work on the legs.

**Standard warmup:** walk for 3-5 minutes, then, run at a very gentle pace with a gentle run walk run® strategy for



5 minutes. Then, gradually increase the amount of running over 5 minutes, until you reach the ratio that feels comfortable for you.

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

**Tuesday: Race Day Practice:** To prepare yourself for a time goal, run a standard warmup and then do 4 each of the drills: Cadence and Acceleration-Glider (explained below). Then run 4-6 half miles or quarter miles at your goal pace (walking 3 min between each). During each, try a different RWR strategy to find the right ratio for you at that pace. 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 workout by using whatever ratio feels sustainable at that pace. As you continue to try different strategies, you will discover several that work best for you and can be used on race day.

**Thursday: Alternate MM with a hill workout.** Pick a hill that is about 150-200 steps long. After doing the standard warmup and 4 each of the drills, run 2-6 hills. Going up, keep feet low, light touch of the feet, and shorten stride a bit as you pick up the cadence to the top. Walk to recover and run down with feet low, light touch and a stride that is not long.

### The MAGIC MILE (MM)

The “Magic Mile” time trial is a reality check on your goal pace on race day, and has been the best predictor of your current finish time in the race. It’s particularly valuable for those who are worried about

finishing under the race time limit. Here’s how it’s done:

- 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 of your feet to run faster.

After you have run 3 of these MMs (not at one time—on different days) you’ll see progress and will run them hard enough so that you are huffing and puffing during the second half. Try gliding into a walk break of 10-30 seconds after each lap or half-lap during the MM. Most runners record a faster time when taking these short breaks.

**Predicted Pace in your Race:** Take your best current MM time and use the calculator on the Jeff Galloway App (Free download and free run walk run timer). This is the fastest pace you could currently expect to run under ideal conditions per mile in your race if you do all of the training, including the speed workouts.

**Long run pace:** should be at least 2.5 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.

### Two Drills To Improve Running Efficiency

- **Cadence Drill:** time yourself for 15 or 30 seconds. My Jeff Galloway App has a free download and free timer that will tell you when the 15 or 30 second interval is finished. Count how many times your left or right foot touches during the interval. Walk for 30 seconds and repeat 3 more times. Goal is to increase the count by 1-2 on each.
- **Acceleration-Glider:** Each of these segments is only done for 7-10 steps: walk, then “shuffle”, then slow jog, then regular pace on an easy run, then just a little faster than your average pace. At that point you glide and use momentum for 20-40 steps, easing into a shuffle and then a walk. Work towards being “seamless” as you go through each segment.

**Be sure to stay hydrated at all times** by drinking about 6oz of water or hydration beverage, about every hour you are awake. This is crucial during the two days before race weekend, after the race on race day and the day after.

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



## 3 Day Training Week

- Re-Read the training instructions for Experienced Runners—this is your manual.
- To begin this schedule you must be able to walk or run (with walk breaks) 5 miles within 2 weeks of starting the training. If you cannot, build your workouts so that you can do this comfortably.
- This program is designed for experienced runners who want to improve finish time in a marathon. If you are running the marathon “to finish”, use the *runDisney* Beginner Schedule
- NOTE: Remember that you can walk the entire long ones if needed

If your current long run is longer than 5.5 miles you can go to the week on the schedule in which the long run matches your longest within 3 weeks.

### 1 mile repeats

On some of the non-long-run weekends I have scheduled speed training—one mile repetitions. After the standard warmup, run each one, 30 seconds faster than goal pace per mile in your goal marathon race. Walk 5 min between each for recovery. Try various run walk run® strategies to find the best one for you at that pace.

It is OK to huff and puff in the second half of each mile. But as you start the next repeat, if you are still huffing after a 5 minute recovery walk--the workout pace may be too ambitious or the temperature may be too high.

If the temperature is 70F or above, you can run half miles—at a pace that is 15 seconds per half mile faster than your goal pace per half mile in the marathon. To get the same effect as running mile repeats, run twice as many half miles.

Be sure to do the cadence and acceleration-glider drills during the week. These will improve running efficiency and speed. These are explained in the training instructions.

Starting with week #14, you don't have to do the MMs on Thursdays—only on a few non-long-run weekends.

WEEK 1		
TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	5.5 miles

WEEK 2		
TUESDAY	THURSDAY	SATURDAY
35 minutes	35 minutes	7 miles

WEEK 3		
TUESDAY	THURSDAY	SATURDAY
40 minutes	40 minutes	3 miles

WEEK 4		
TUESDAY	THURSDAY	SATURDAY
40 minutes	40 minutes	9 miles



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**WEEK 5**

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	4 miles

**WEEK 6**

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	11 miles

**WEEK 7**

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	4 miles

**WEEK 8**

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	13 miles

**WEEK 9**

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	4 miles

**WEEK 10**

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	15 miles



# TRAINING PROGRAM: EXPERIENCED MARATHON

## WEEK 11

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	4 x 1 mile

## WEEK 12

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	17 miles

## WEEK 13

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	6 x 1 mile

## WEEK 14

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	5 miles MM

## WEEK 15

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	20 miles

## WEEK 16

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	8 x 1 mile



TRAINING PROGRAM: EXPERIENCED  
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**WEEK 17**

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	5 miles <b>MM</b>

**WEEK 18**

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	23 miles

**WEEK 19**

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	10 x 1 mile

**WEEK 20**

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	5 miles <b>MM</b>

**WEEK 21**

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	25–26 miles

**WEEK 22**

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	12 x 1 mile



# TRAINING PROGRAM: EXPERIENCED MARATHON

## WEEK 23

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	5 miles MM

## WEEK 24

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	27-29 miles

## WEEK 25

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	4 miles

## WEEK 26

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	14 x 1 mile

## WEEK 27

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	4 miles

## WEEK 28

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	<b>Race Day</b>

## WEEK 29

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	3 miles

**You can do it!**

