



2012 TRAINING PROGRAM

GOAL: Beginning Runner / GOAL DATE: February 26, 2012

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.

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TRAINING PROGRAM OVERVIEW

BEGINNING RUNNER

■ The long run is the key to half marathon training. As you increase the distance of these, listed below, 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. Generally, you want to slow down 3 minutes per mile slower than you could currently run a half marathon. See the “magic mile” section below 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 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.

■ Time limit for the race is 3:30. The per mile pace to reach this goal is 16 min/mi. The “magic mile” listed below, 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 Magic Mile. Please practice running at 15:00 to 15:30 per mile pace during the middle of a Tuesday or a Thursday run each week as noted below.

■ 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 weeks. On the short runs, you may use any of the ratios that work best for you, as noted below.

■ 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



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strategies (as in #9) and enjoy these runs. On designated non-long-run weekends, run the Magic Mile as described below.

■ **Race Day practice.** On a Tuesday 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 like stair machines that concentrate effort in the calf muscle. Walking is a great exercise.

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

■ **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 12:15 time or faster to predict a finish time below 3:30 on raceday—at 60F.

■ **Then "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 (above).

- 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 1.0 miles.

- **On the first MM, don't run all-out: run at a pace that is slightly faster than your current**



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BEGINNING RUNNER

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 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 (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 3 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.

Disney's Princess Half Marathon Training Program

GOAL DATE: February 26, 2012 \ 3-Day Training Week: Beginning Runner

WEEK 1

TUESDAY October 4	THURSDAY October 6	SATURDAY October 8
30 minutes	30 minutes	2 miles

WEEK 2

TUESDAY October 11	THURSDAY October 13	SATURDAY October 15
30 minutes	30 minutes	3 miles

WEEK 3

TUESDAY October 18	THURSDAY October 20	SATURDAY October 22
30 minutes	30 minutes	4 miles

WEEK 4

TUESDAY October 25	THURSDAY October 27	SATURDAY October 29
30 minutes	30 minutes	2 miles

WEEK 5

TUESDAY November 1	THURSDAY November 3	SATURDAY November 5
30 minutes	30 minutes	5 miles

WEEK 6

TUESDAY November 8	THURSDAY November 10	SATURDAY November 12
30 minutes	30 minutes	3 miles

WEEK 7

TUESDAY
November 15

30 minutes

THURSDAY
November 17

30 minutes

SATURDAY
November 19

6 miles

WEEK 8

TUESDAY
November 22

30 minutes

THURSDAY
November 24

30 minutes

SATURDAY
November 26

3 miles

WEEK 9

TUESDAY
November 29

30 minutes

THURSDAY
December 1

30 minutes

SATURDAY
December 3

7 miles

WEEK 10

TUESDAY
December 6

30 minutes

THURSDAY
December 8

30 minutes

SATURDAY
December 10

3 miles
with Magic Mile

WEEK 11

TUESDAY
December 13

30 minutes

THURSDAY
December 15

30 minutes

SATURDAY
December 17

8 miles

WEEK 12

TUESDAY
December 20

30 minutes

THURSDAY
December 22

30 minutes

SATURDAY
December 24

3 miles
with Magic Mile

WEEK 13

TUESDAY
December 27

30 minutes

THURSDAY
December 29

30 minutes

SATURDAY
December 31

9.5 miles

WEEK 14

TUESDAY
January 3

30 minutes

THURSDAY
January 5

30 minutes

SATURDAY
January 7

3 miles with Magic Mile
or Family Fiesta 5K

WEEK 15

TUESDAY
January 10

30 minutes

THURSDAY
January 12

30 minutes

SATURDAY
January 14

11 miles

WEEK 16

TUESDAY
January 17

30 minutes

THURSDAY
January 19

30 minutes

SATURDAY
January 21

3 miles
with Magic Mile

WEEK 17

TUESDAY
January 24

30 minutes

THURSDAY
January 26

30 minutes

SUNDAY
January 29

12.5 miles
or Tinker Bell
Half Marathon

WEEK 18

TUESDAY
January 31

30 minutes

THURSDAY
February 2

30 minutes

SATURDAY
February 4

3 miles
with Magic Mile

WEEK 19

TUESDAY
February 7

30 minutes

THURSDAY
February 9

30 minutes

SATURDAY
February 11

14 miles

WEEK 20

TUESDAY
February 14

30 minutes

THURSDAY
February 16

30 minutes

SATURDAY
February 18

3 miles

WEEK 21

TUESDAY
February 21

30 minutes

THURSDAY
February 23

30 minutes

SUNDAY
February 26

Disney's Princess
Half Marathon