



TRAINING PROGRAM

**For Experienced Runners
(those who have been running for at least 6 months)**

GOAL: Time Improvement

This program is designed for those who have run a half marathon before and want to improve finish 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 HALF MARATHON at www.JeffGalloway.com.

Jeff Galloway • US Olympian • Training Director • Disney Endurance Events



TRAINING PROGRAM OVERVIEW

1

The long run is the key to half marathon success. As you increase the distance of these, listed below, you push back your endurance barriers and prepare to avoid “the wall” on raceday. Recommended pace is at least 2 min/mi slower than your best half 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.

2

Set a realistic goal: 20-30 seconds per mile faster than your best half marathon performance in the past year.

3

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.

4

Walking form: walk with a gentle stride, that is relatively short. Power walking and walking with a long stride increase injury risk.

5

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 (according to the table in # 6). 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.

6

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

7

Two “maintenance runs” (45 minutes each) 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, practice various run-walk-run strategies, at race pace, for 2-4 miles. On Thursday, after the



TRAINING PROGRAM OVERVIEW

standard warmup, run a "magic mile" as noted in # 14.

8

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 improve overall fitness. On the cross training days, don't do exercises like stair machines that concentrate effort in the calf muscle.

9

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 for 5-10 minutes.

10

Race Day practice. On the Tuesday 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.

11

On Thursday, after the standard warmup, time yourself for 1 mile.

Follow the "magic mile" strategy in # 14.

12

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

13

Speedwork: 800 meter repeats are included to improve speed. Do the standard warmup, followed by 4 accelerations that gradually increase to workout pace. Run each 800 meter segment 15 seconds faster than your goal pace for half a mile, and walk for 3 minutes. Then repeat as noted on the schedule.

Example: if goal pace was 10:00, half mile goal pace would be 5:00. 800 workout pace would be 4:45.

14

Magic Mile: I suggest doing this after the standard warmup on Thursday each week. 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 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 your current potential per mile pace on an ideal day. Due to weather and crowds on raceday, actual race pace is usually 10-25 seconds/mile slower than the predicted pace.

- Use the standard warmup (# 10)
- Run around a track if at all possible (or a very accurately measured one mile segment)



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- 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 45 minutes 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.

DISNEY PRINCESS HALF MARATHON TRAINING SCHEDULE

3-Day Training Week: For Experienced Runners / GOAL: Time Improvement

WEEK 1

TUESDAY October 12	THURSDAY October 14	SATURDAY October 16
30 minutes	30 minutes	3 miles

WEEK 2

TUESDAY October 19	THURSDAY October 21	SATURDAY October 23
30 minutes	30 minutes	4 miles

WEEK 3

TUESDAY October 26	THURSDAY October 28	SATURDAY October 30
30 minutes	30 minutes	5 miles

WEEK 4

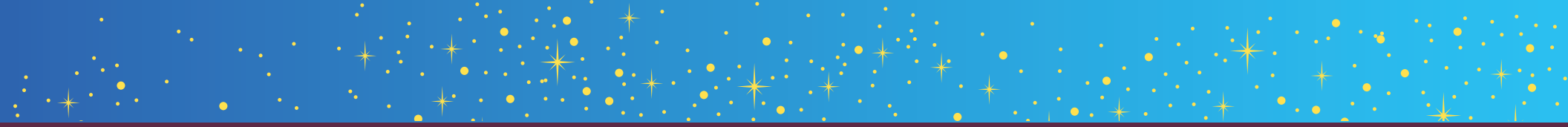
TUESDAY November 2	THURSDAY November 4	SATURDAY November 6
30 minutes	30 minutes	3 miles

WEEK 5

TUESDAY November 9	THURSDAY November 11	SATURDAY November 13
30 minutes	30 minutes	6.5 miles

WEEK 6

TUESDAY November 16	THURSDAY November 18	SATURDAY November 20
30 minutes	30 minutes	2 x 800



WEEK 7

TUESDAY November 23	THURSDAY November 25	SATURDAY November 27
30 minutes	30 minutes	8 miles

WEEK 8

TUESDAY November 30	THURSDAY December 2	SATURDAY December 4
30 minutes	30 minutes	4 x 800

WEEK 9

TUESDAY December 7	THURSDAY December 9	SATURDAY December 11
30 minutes	30 minutes	10 miles

WEEK 10

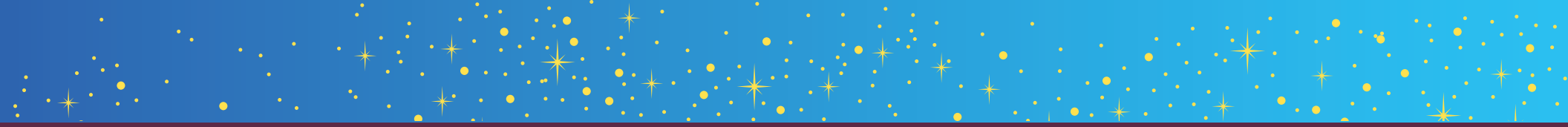
TUESDAY December 14	THURSDAY December 16	SATURDAY December 18
30 minutes	30 minutes	6 x 800

WEEK 11

TUESDAY December 21	THURSDAY December 23	SATURDAY December 25 or 26
30 minutes	30 minutes	12 miles

WEEK 12

TUESDAY December 28	THURSDAY December 30	SATURDAY January 1
30 minutes	30 minutes	8 x 800



WEEK 13

TUESDAY December 28	THURSDAY December 30	SATURDAY January 8
30 minutes	30 minutes	14 miles or WALT DISNEY WORLD® Half Marathon

WEEK 14

TUESDAY January 11	THURSDAY January 13	SATURDAY January 15
30 minutes	30 minutes	10 x 800

WEEK 15

TUESDAY January 18	THURSDAY January 20	SATURDAY January 22
30 minutes	30 minutes	16 miles

WEEK 16

TUESDAY January 25	THURSDAY January 27	SATURDAY January 29
30 minutes	30 minutes	12 x 800

WEEK 17

TUESDAY February 1	THURSDAY February 3	SATURDAY February 5
30 minutes	30 minutes	18 miles

WEEK 18

TUESDAY February 8	THURSDAY February 10	SATURDAY February 12
30 minutes	30 minutes	14 x 800



WEEK 19

TUESDAY February 15	THURSDAY February 17	SATURDAY February 19
30 minutes	30 minutes	4 x 800

WEEK 20

TUESDAY February 22	THURSDAY February 24	SATURDAY February 26
30 minutes	30 minutes	Disney's Princess Half Marathon

WEEK 21

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

WEEK 22

TUESDAY March 8	THURSDAY March 10	SATURDAY March 12
30 minutes	30 minutes	4 miles in training for DISNEYLAND® Half Marathon