



runDisney

MARATHON

TRAINING PROGRAM

Beginning Runners

(those who have been running consistently for less than 6 months)

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 MARATHON at JeffGalloway.com.

Jeff Galloway • US Olympian • runDisney Official Training Consultant

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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 race day. 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 per mile in 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 race day. 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 race day. Please practice 15:00 to 15:30 per mile pace during the middle of a Tuesday or a Thursday run each week.

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 (10 sec 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 Experienced program after 3 weeks.

Here are suggested strategies by pace. Note: it is OK to walk more frequently than listed.

PACE	STRATEGY (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

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—especially the long run.

Race Day practice. On the 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 will 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). Don’t push yourself if the temperature is high.

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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.

On Tuesday, 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 okay 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 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.

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 race day.

The "Magic Mile" time trial (MM) is a reality check on your goal pace on race day, 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.

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Beginning Runners

Tuesday - 30 minutes

Thursday - 30 minutes

Saturday - Listed below

WEEK 1

TUESDAY	THURSDAY	SATURDAY
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30 minutes

30 minutes

3 miles

WEEK 2

TUESDAY	THURSDAY	SATURDAY
---------	----------	----------

30 minutes

30 minutes

4 miles

WEEK 3

TUESDAY	THURSDAY	SATURDAY
---------	----------	----------

30 minutes

30 minutes

2.5 miles

WEEK 4

TUESDAY	THURSDAY	SATURDAY
---------	----------	----------

30 minutes

30 minutes

5.5 miles

WEEK 5

TUESDAY	THURSDAY	SATURDAY
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30 minutes

30 minutes

3 miles

WEEK 6

TUESDAY	THURSDAY	SATURDAY
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30 minutes

30 minutes

7 miles

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WEEK 7

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	3 miles

WEEK 9

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	3 miles

WEEK 11

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	3 miles

WEEK 13

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	3 miles

WEEK 8

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	9 miles

WEEK 10

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	11 miles

WEEK 12

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	13 miles

WEEK 14

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	15 miles

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WEEK 15

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	3 miles

WEEK 17

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	5 miles

WEEK 19

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	20 miles

WEEK 21

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	6 miles with Magic Mile

WEEK 16

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	17 miles

WEEK 18

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	6 miles with Magic Mile

WEEK 20

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	6 miles

WEEK 22

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	23 miles

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WEEK 23

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	6 miles

WEEK 25

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	26 miles

WEEK 27

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	6 miles

WEEK 29

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	3 miles

WEEK 24

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	6 miles with Magic Mile

WEEK 26

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	6 miles

WEEK 28

TUESDAY	THURSDAY	SUNDAY
30 minutes	30 minutes	Race Day