TRAINING PROGRAM

Time Goal Runners

(for those who have run at least one half marathon)

GOAL: To Improve On Previous Time

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 on 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 • *run*Disney Official Training Consultant

SUPER HEROES

TRAINING PROGRAM OVERVIEW

The long run is the key to half marathon success. As you increase the length of these, you prepare to avoid "the wall" on raceday. Recommended pace is at least 2 min/mi slower than your best half marathon performance during the last year. You cannot go too slowly on the long runs: your goal is simply to finish each one and recover fast.

Set a realistic goal: usually no more than 20-30 seconds per mile faster than your best half marathon performance in the past year.

Running form: Never sprint during a running segment—keep feet low to the ground, using a light touch of the feet, while avoiding a long stride. Most runners find that an upright posture is best but use what feels natural for you. Let your foot move in it's 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 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 the next column). 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.

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

Two "maintenance runs" (45-60 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 standard warmup, run a "magic mile" (as noted on the following page).

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 (as on stair machines) that concentrate effort in the calf muscle.

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 to the ratio that feels best for you, on that day.

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. Many runners are surprised to find that shorter running segments result in faster times and less fatigue.

On Thursday, after the standard warmup, time yourself for 1 mile. Follow the "magic mile" strategy below.

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

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

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 1.2 to see what an all-out pace on an ideal day would be, and adjust for temperature and conditions on raceday.

TRAINING PROGRAM OVERVIEW

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
- Run around a track if at all possible (or a very accurately measured one mile segment)
- 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 easy 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 45-60 minutes assigned on that day taking as many walk breaks as you wish.

After you have run 4 of these (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 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.

TRAINING PROGRAM SCHEDULE

GOAL DATE: NOVEMBER 13, 2016

Avengers Super Heroes Half Marathon

Time Goal Runners

Tuesday - 45 minutes Thursday - 45 minutes Saturday - Listed below

WEEK 1

TUESDAY July 12	THURSDAY July 14	SATURDAY July 16
45 minutes	45 minutes	3 miles

WEEK 2

TUESDAY July 19	THURSDAY July 21	SATURDAY July 23
45 minutes	45 minutes	4 miles

WEEK 3

TUESDAY July 26	THURSDAY July 28	SATURDAY July 30
45 minutes	45 minutes	5 miles

WEEK 4

TUESDAY August 2	THURSDAY August 4	SATURDAY August 6
45 minutes	45 minutes	4 x 800

WEEK 5

TUESDAY August 9	THURSDAY August 11	SATURDAY August 13
45 minutes	45 minutes	7 miles

WEEK 6

TUESDAY August 16	THURSDAY August 18	SATURDAY August 20
45 minutes	45 minutes	6 x 800

WEEK 7

TUESDAY August 23	THURSDAY August 25	SATURDAY August 27
45 minutes	45 minutes	9 miles

WEEK 8

TUESDAY August 30	THURSDAY September 1	SATURDAY September 3
45 minutes	45 minutes	8 x 800

WEEK 9

TUESDAY September 6	THURSDAY September 8	SATURDAY September 10
45 minutes	45 minutes	11 miles

WEEK 10

TUESDAY September 13	THURSDAY September 15	SATURDAY September 17
45 minutes	45 minutes	10 x 800

WEEK 11

TUESDAY September 20	THURSDAY September 22	SATURDAY September 24
45 minutes	45 minutes	13 miles

WEEK 12

TUESDAY September 27	THURSDAY September 29	SATURDAY October 1
45 minutes	45 minutes	12 x 800

WEEK 13

TUESDAY October 4	THURSDAY October 6	SATURDAY October 8
45 minutes	45 minutes	15 miles

WEEK 14

TUESDAY October 11	THURSDAY October 13	SATURDAY October 15
45 minutes	45 minutes	14 x 800

WEEK 15

TUESDAY October 18	THURSDAY October 20	SATURDAY October 22
45 minutes	45 minutes	17 miles

WEEK 16

TUESDAY October 25	THURSDAY October 27	SATURDAY October 29
45 minutes	45 minutes	14 x 800

WEEK 17

TUESDAY November 1	THURSDAY November 3	SATURDAY November 5
45 minutes	45 minutes	5 miles (3 at race pace)

WEEK 18

TUESDAY November 8	THURSDAY November 10	SUNDAY November 13
45 minutes	45 minutes	Avengers Super Heroes Half Marathon

WEEK 19

TUESDAY November 16	THURSDAY November 18	SATURDAY November 20
45 minutes	45 minutes	3 miles