TRAINING PROGRAM

Jeff Galloway has coached over a million runners to their goals. This program is empowering, has almost no risk of injury, and can be easily inserted into a busy lifestyle without lingering fatigue. For more information, see my book GALLOWAY TRAINING PROGRAMS at **www.JeffGalloway.com.**

Jeff Galloway • US Olympian • *run*Disney Official Training Consultant

TRAINING PROGRAM OVERVIEW

Time required: 30 minutes on two weekdays (Tues/Thu or Mon/Wed) plus one weekend run/walk that will build gradually to 6.5 miles. Walk breaks eliminate or reduce excessive fatigue and orthopedic stress.

Who? This program is designed for those who are just beginning to increase distance or those making a comeback after a period of inactivity or runners who want a minimal program for a 10K. The advice is given as one exerciser to another. For medical issues, see a doctor.

Beginners: Start this program by walking for 10 minutes, gently. Every other day, increase 3-5 minutes until you reach 30 minutes of gentle walking. Then, you are ready to start the schedule below. Many beginners are already walking for 30 minutes, and can begin now.

Textbook: My book 5K/10K has backup information for both of these events. You can order this book from **www.jeffgalloway.com**.

Walkers: Simply follow the schedule below. Walk slowly on all of the long ones. I don't recommend power walking or race walking.

Use a short stride: Whether walking or running, adjust your stride so that it is relaxed and well within a natural range of motion for you. Keep the feet low to the ground. Shorter strides reduce effort and orthopedic stress, allowing the body to adapt naturally to running and walking.

The Long One. As you push back the length of the long run, every two weeks, you'll extend endurance limits, improve mental concentration at the end of races, and enhance your physiological infrastructure. Longer long run/walks improve your cardiovascular plumbing system so that you can deliver blood better to the exercising muscles, and withdraw waste more effectively. The endurance workout is the primary training component in a 10K program.

How to determine pace per mile: I've developed a simple 800 meter test to determine your pace for the long run. Go to a track and run very slowly for two laps. Take as many walk breaks as you need to avoid huffing and puffing on this test. If you are not huffing and puffing at the end of the second lap, take your time, multiply by 2 and add three minutes. If you are huffing and puffing at the end, multiply by 2 and add 4 minutes. The result is the fastest per mile time you should be recording on your long ones. You can always go slower. These tests are noted on the weekend schedule as (800T). Run/walk gently for 10 minutes before timing yourself for the 800. Only one 800 is timed during each of these workouts. Jog/walk gently for the rest of the time during that workout. You can adjust your long run pace as the 800T time improves.

Example: Time is 6:00 without huffing and puffing: 6:00 X 2 = 12:00. Adding 3 minutes will give you a long run pace of no faster than 15 minutes per mile. Time is 6:00 but you are huffing and puffing at the end: 6 X 2 = 12:00. Adding 4 minutes will give you a long run pace of no faster than 16 minutes per mile.

Note: slow the pace down by 30 sec/mile for every 5 degree temperature increase above 60F on long runs (slow down by 20 sec/KM for every 2C above 14C) on long runs

Run-Walk-Run (R-W-R): My method has allowed hundreds of thousands of beginners to finish 10K races and longer distances. By inserting a walk break from the beginning of the workout, and continuing to walk according to a plan, there is no need to experience extra fatigue, pain, or injuries. A standard pattern for those who are taking their first running steps, run for 5-10 seconds and walk for the rest of the minute. If all goes well, you could increase during the third week to 10-20 seconds of running, walking for the rest of the minute. On the 5th week, increase to 20-30 seconds of running while walking for the rest of the minute—if all is well. If you are huffing and puffing, experiencing aches and pains, or struggling in any way, drop back to more walking, such as 10 or 5 seconds each minute. For more information visit **www.JeffGalloway.com**.

R-W-R Strategy for those already running: The amount of running and walking is adjusted for the pace per mile. Beginning runners should continue running 10-20 seconds every minute for most of the long runs. Those who have been running for at least 3 months could use the following as a guide:

TRAINING PROGRAM OVERVIEW

18 min/mi--Run 10 sec/walk 50 sec
17 min/mi--Run 15 sec/walk 45 sec
16 min/mi--Run 20 sec/walk 40 sec
15 min/mi--Run 30 sec/walk 45 sec
14 min/mi--Run 30 sec/walk 30 sec
13 min/mi--Run 1 min/walk 1 min
12 min/mi--Run 2 min/walk 1 min
11 min/mi--Run 2:30/walk 1 min
10 min/mi--Run 3 min/walk 1 min
9 min/mi--Run 4 min/walk 1 min

Maintenance Workouts: Usually, the long workout is done on weekends, and the two maintenance workouts are done on Tuesday and Thursday (or Monday and Wednesday when the long one is on Saturday). The pace of these can be as slow or as fast as you want to go, as long as you are recovering well from the weekend long ones. Beware of fast running as this increases the risk of aches, pains and injuries.

Rest Days: When you go farther than you have gone before, your muscles, tendons, joints, etc. need time to rebuild stronger. Take the day off from exercise the day before and after a long one. On the other non-running days, you can do any exercise that does not fatigue the calf muscle. So walking, aqua-jogging, swimming, cycling, elliptical, and rowing are fine. Stair machines, leg weight work, and step aerobics are not.

Warm Up: walk for 3 minutes, then run for 5-10 seconds/walk for the rest of the minute for 10 minutes. Then use the run-walk-run that is appropriate.

Warm Down: After your workout, don't stop. Jog slowly, using as many walk breaks as you wish for the next 10 minutes, and then walk for 3-5 minutes. You're done!

If you are already running more than 1.5 miles, you can start at the length of the long run which matches your current long run distance in the past 2 weeks.

Note: at **www.JeffGalloway.com** you can find a timer that will beep and/or vibrate to tell you when to walk and when to run.

TRAINING PROGRAM SCHEDULE

GOAL DATE: JANUARY 6, 2017

Walt Disney World® 10K

Three Day Training Week

Tuesday - 30 minutes **Thursday - 30 minutes** **Saturday - Listed below**

WEEK 1

TUESDAY September 13	THURSDAY September 15	SATURDAY September 17
30 minutes	30 minutes	1.5 miles

WEEK 2

TUESDAY September 20	THURSDAY September 22	SATURDAY September 24
30 minutes	30 minutes	2 miles

WEEK 3

TUESDAY September 27	THURSDAY September 29	SATURDAY October 1
30 minutes	30 minutes	2.5 miles

WEEK 4

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

WEEK 5

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

WEEK 6

TUESDAY October 18	THURSDAY October 20	SATURDAY October 22
30 minutes	30 minutes	40 minutes

WEEK 7

TUESDAY October 25	THURSDAY October 27	SATURDAY October 29
30 minutes	30 minutes	3.5 miles

WEEK 8

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

WEEK 9

TUESDAY November 8	THURSDAY November 10	SATURDAY November 12
30 minutes	30 minutes	4.25 miles

WEEK 10

TUESDAY November 15	THURSDAY November 17	SATURDAY November 19
30 minutes	30 minutes	30 minutes

WEEK 11

TUESDAY November 22	THURSDAY November 24	SATURDAY November 26
30 minutes	30 minutes	5 miles

WEEK 12

TUESDAY November 29	THURSDAY December 1	SATURDAY December 3
30 minutes	30 minutes	30 minutes

WEEK 13

TUESDAY December 6	THURSDAY December 8	SATURDAY December 10
30 minutes	30 minutes	5.75 miles

WEEK 14

TUESDAY December 13	THURSDAY December 15	SATURDAY December 17
30 minutes	30 minutes	30 minutes

WEEK 15

TUESDAY December 20	THURSDAY December 22	SATURDAY December 24
30 minutes	30 minutes	6.5 miles

WEEK 16

TUESDAY December 27	THURSDAY December 29	SATURDAY December 31
30 minutes	30 minutes	30 minutes

WEEK 17

TUESDAY January 3	THURSDAY January 5	FRIDAY January 6
30 minutes	30 minutes	*Walt Disney World®* 10K

WEEK 18

TUESDAY January 10	THURSDAY January 12	SATURDAY January 14
30 minutes	30 minutes	30 minutes