STAR WARS DARK SIDE CHALLENGE

TRAINING PROGRAM

Experienced Runners

(those who have been running for at least 6 months)

GOAL: To Finish - 10K on 4/22/17 and Half Marathon on 4/23/17

This proven training program has led thousands of runners across the finish line, while reducing the chance of injury to almost zero. Only 3 weekly training days are needed: 30-45 minutes on Tuesday and Thursday, and a longer session on the weekend. On some weekends there is a long walk on Saturday followed by the long run on Sunday—to prepare for race weekend. For more information, see my book GALLOWAY TRAINING PROGRAMS at **www.JeffGalloway.com.**

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TRAINING PROGRAM OVERVIEW

The long weekend sessions are the key to success for the *Star Wars*™ Rebel Challenge. As you increase the distance of a long walk on Saturday, followed by a long run on Sunday, the body prepares to "go the distance" in both events, on race weekend. You can't go too slowly during either the walk or the run: your goal is simply to finish each one with strength. On the Sunday runs, the pace should be at least 2 minutes per mile slower than you could currently run a fast marathon. See the "magic mile" section as noted on the following page.

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 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 a minute per mile when the temperature increases 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 10K is 1:40, and for the half marathon is 3:30. The per mile pace to reach this goals 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 raceday. 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 raceday. Please practice 15:00 to 15:30 per mile pace during the middle of a Tuesday run each week (as noted on the following page). On Thursday, if you are concerned about maintaining a 16 min/mi pace on raceday, it is best to do a timed walk for 2-3 miles (16:00), inserting 10-20 seconds of running into each minute.

By inserting strategic walk breaks from the beginning of long runs you can significantly reduce fatigue. The run-walk-run ratio should correspond to the pace used. (remember to slow down at least 2 min/mi slower than current predicted fast half marathon pace). 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" of 30-45 minutes each, will sustain the conditioning needed. Most commonly, these are done on Tuesday and Thursday. Each runner can choose the pace or the run-walk-run ratio for each of these runs.

Race Day practice. During the middle of a Tuesday run each week, after the standard warmup, time yourself for 2 miles and run a pace that you feel is realistic on race day. If you are concerned about the 16 minutes/mile needed to finish before the closing of the course, practice running at 15-15:30 per mile. During these segments, use a variety of run-walk-run strategies to find the right ratio for you. On Thursday, time yourself, for a 2 mile segment, mostly walking (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 like stair machines that concentrate effort in the calf muscle.

TRAINING PROGRAM OVERVIEW

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 that day.

On Tuesday, after the standard warmup, try increasing the running portions. For example, if you are currently running a minute/walking a minute, try a few rotations of run 2 minutes/walk 1 minute. 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 by using whatever ratio you wish: 30sec run-30 sec walk, 20/40 or 15/45.

On Thursday, after the standard warmup, time yourself for 2-3 miles, at the pace you want to run on raceday, using the appropriate run-walk-run strategy. If you are concerned about maintaining a 16 min/mi pace, walk at a comfortable but good pace (short stride, quick turnover) inserting 10-20 seconds of running every minute to maintain a pace that is slightly below 16 minutes 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 weekends noted on the schedule. By the end of the training program you want to run a time of 11:15 or faster to predict an average pace of 16 minutes per mile or less 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 finishing under the race time limit.

- 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 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.

TRAINING PROGRAM SCHEDULE

GOAL DATE: April 22-23, 2017

Star Wars™ – The Dark Side Challenge

Experienced Runners

Tuesday - 30-45 minutes Thursday - 30-45 minutes Saturday - Listed below

WEEK 1

TUESDAY December 20	THURSDAY December 22	SATURDAY December 24
30-45 minutes	30-45 minutes	3 miles

WEEK 2

TUESDAY December 27	THURSDAY December 29	SATURDAY December 31
30-45 minutes	30-45 minutes	4 miles

WEEK 3

TUESDAY January 3	THURSDAY January 5	SATURDAY January 7
30-45 minutes	30-45 minutes	5 miles

WEEK 4

TUESDAY January 10	THURSDAY January 12	SATURDAY January 14
30-45 minutes	30-45 minutes	3 miles

WEEK 5

TUESDAY January 17	THURSDAY January 19	SATURDAY January 21
30-45 minutes	30-45 minutes	6.5 miles

WEEK 6

TUESDAY January 24	THURSDAY January 26	SATURDAY January 28
30-45 minutes	30-45 minutes	4 miles with MM

WEEK 7

TUESDAY January 31	THURSDAY February 2	SATURDAY February 4
30-45 minutes	30-45 minutes	8 miles

WEEK 8

TUESDAY February 7	THURSDAY February 9	SATURDAY Feb. 11	SUNDAY Feb. 12
30-45 minutes	30-45 minutes	1 mile	7 miles with MM

WEEK 9

TUESDAY February 14	THURSDAY February 16	SATURDAY February 18
30-45 minutes	30-45 minutes	4 miles with MM

WEEK 10

TUESDAY February 21	THURSDAY February 23	SATURDAY Feb. 25	SUNDAY Feb. 26
30-45 minutes	30-45 minutes	2 miles	9.5 miles

WEEK 11

TUESDAY February 28	THURSDAY March 2	SATURDAY March 4
30-45 minutes	30-45 minutes	4 miles with MM

WEEK 12

TUESDAY March 7	THURSDAY March 9	SATURDAY Mar. 11	SUNDAY Mar. 12
30-45 minutes	30-45 minutes	3 miles	11 miles

WEEK 13

TUESDAY March 14	THURSDAY March 16	SATURDAY March 18
30-45 minutes	30-45 minutes	4 miles with MM

WEEK 14

TUESDAY March 21	THURSDAY March 23	SATURDAY Mar. 25	SUNDAY Mar. 26
30-45 minutes	30-45 minutes	4 miles	12.5 miles

WEEK 15

TUESDAY March 28	THURSDAY March 30	SATURDAY April 1
30-45 minutes	30-45 minutes	4 miles with MM

WEEK 16

TUESDAY April 4	THURSDAY April 6	SATURDAY Apr. 8	SUNDAY Apr. 9
30-45 minutes	30-45 minutes	5 miles	14 miles

WEEK 17

TUESDAY April 11	THURSDAY April 13	SATURDAY April 15
30-45 minutes	30-45 minutes	4 miles

WEEK 18

TUESDAY April 18	THURSDAY April 20	SATURDAY Apr. 22	SUNDAY Apr. 23
30-45 minutes	30-45 minutes	*Star Wars*™ 10K	*Star Wars*™ - The Dark Side Half Marathon

WEEK 19

TUESDAY April 25	THURSDAY April 27	SATURDAY April 29
30-45 minutes	30-45 minutes	3 miles