Presented by

PANDORA®

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 HALF MARATHON at **www.JeffGalloway.com.**

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

TRAINING PROGRAM OVERVIEW

The long run is the key to half marathon training. As you increase the length of these, you push back your endurance barriers and prepare to "go the distance" on raceday. You cannot go too slowly on the long runs: your goal is simply to finish each one with strength. To avoid a slowdown at the end of the race, please finsh each one on the schedule–even if you walk most of it.

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 is 70F, and an additional minute per mile at 80F (compared with 60F or below). 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.

Long run pace should be at least 2 min/mi slower than current half marathon race pace, predicted by the Magic Mile (as noted on the following page).

Time limit for the race is 3:30. The per mile pace to reach this goal is 16 min/mi. The "magic mile" or MM (as noted on the following page), will predict current potential on an ideal race day. Long run pace should be at least 2 min/mi slower than current half marathon race pace, predicted by the MM. Please practice running at 15:00 to 15:30 per mile pace during the middle of a Tuesday or a Thursday run each week, if you think that a 3:30 goal will be challenging.

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 (10sec 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 "To Finish" program after 3-4 weeks.

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. On Tuesday, practice various run-walk-run strategies and enjoy these runs. On designated non-long-run weekends, run the MM.

Race Day practice. On a Tuesday and/or a Thursday 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 should 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).

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 enhance the fat burning. On the cross training days, don't do exercises that can fatigue the calf muscle, like stair machines.

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.

TRAINING PROGRAM OVERVIEW

On Tuesday, after the standard warmup, try increasing the running portions: run 10 seconds/ walk 50 seconds for 5 or more intervals, then try 15 sec run /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 OK 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.

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 listed below. By the end of the training program you want to run a 12:15 time or faster to predict a finish time below 3:30 on raceday—at 60F. Be sure to adjust pace for temperature increase (as noted on the previous page), on long runs and 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 of 3:30.

- 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 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 (Ideal Conditions) Pace: Take your best current MM time and multiply by 1.3. This is the fastest pace you could currently expect to run under ideal conditions per mile in the half marathon.

Long run pace: should be at least 2 minutes slower than the current predicted half marathon pace.

Adjust for temperature on long runs: 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: MAY 14, 2017

Tinker Bell Half Marathon

Beginning Runners

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

WEEK 1

TUESDAY January 10	THURSDAY January 12	SATURDAY January 14
30 minutes	30 minutes	2 miles

WEEK 2

TUESDAY January 17	THURSDAY January 19	SATURDAY January 21
30 minutes	30 minutes	3 miles

WEEK 3

TUESDAY January 24	THURSDAY January 26	SATURDAY January 28
30 minutes	30 minutes	4 miles

WEEK 4

TUESDAY January 31	THURSDAY February 2	SATURDAY February 4
30 minutes	30 minutes	2 miles

WEEK 5

TUESDAY February 7	THURSDAY February 9	SATURDAY February 11
30 minutes	30 minutes	5 miles

WEEK 6

TUESDAY February 14	THURSDAY February 16	SATURDAY February 18
30 minutes	30 minutes	6.5 miles

WEEK 7

TUESDAY February 21	THURSDAY February 23	SATURDAY February 25
30 minutes	30 minutes	3 miles

WEEK 8

TUESDAY February 28	THURSDAY March 2	SATURDAY March 4
30 minutes	30 minutes	8 miles with Magic Mile

WEEK 9

TUESDAY March 7	THURSDAY March 9	SATURDAY March 11
30 minutes	30 minutes	3 miles

WEEK 10

TUESDAY March 14	THURSDAY March 16	SATURDAY March 18
30 minutes	30 minutes	9.5 miles

WEEK 11

TUESDAY March 21	THURSDAY March 23	SATURDAY March 25
30 minutes	30 minutes	3 miles with Magic Mile

WEEK 12

TUESDAY March 28	THURSDAY March 30	SATURDAY April 1
30 minutes	30 minutes	11 miles

WEEK 13

TUESDAY April 4	THURSDAY April 6	SATURDAY April 8
30 minutes	30 minutes	3 miles with Magic Mile

WEEK 14

TUESDAY April 11	THURSDAY April 13	SATURDAY April 15
30 minutes	30 minutes	12.5 miles

WEEK 15

TUESDAY April 18	THURSDAY April 20	SATURDAY April 22
30 minutes	30 minutes	3 miles with Magic Mile

WEEK 16

TUESDAY April 25	THURSDAY April 27	SATURDAY April 29
30 minutes	30 minutes	14 miles

WEEK 17

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

WEEK 18

TUESDAY May 9	THURSDAY May 11	SUNDAY May 14
30 minutes	30 minutes	Tinker Bell Half Marathon

WEEK 19

TUESDAY May 16	THURSDAY May 18	SATURDAY May 20
30 minutes	30 minutes	3 miles