



## 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](http://www.JeffGalloway.com).

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# 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 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 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: April 22, 2018**

## *Star Wars*<sup>TM</sup> Half Marathon – The Dark Side

### Time Goal Runners

Tuesday - 45 minutes

Thursday - 45 minutes

Saturday - Listed below

### WEEK 1

TUESDAY December 19	THURSDAY December 21	SATURDAY December 23
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45 minutes

45 minutes

3 miles

### WEEK 2

TUESDAY December 26	THURSDAY December 28	SATURDAY December 30
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45 minutes

45 minutes

4 miles

### WEEK 3

TUESDAY January 2	THURSDAY January 4	SATURDAY January 6
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45 minutes

45 minutes

5 miles

### WEEK 4

TUESDAY January 9	THURSDAY January 11	SATURDAY January 13
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45 minutes

45 minutes

4 x 800

### WEEK 5

TUESDAY January 16	THURSDAY January 18	SATURDAY January 20
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45 minutes

45 minutes

7 miles

### WEEK 6

TUESDAY January 23	THURSDAY January 25	SATURDAY January 27
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45 minutes

45 minutes

6 x 800



## WEEK 7

TUESDAY January 30	THURSDAY February 1	SATURDAY February 3
45 minutes	45 minutes	9 miles

## WEEK 9

TUESDAY February 13	THURSDAY February 15	SATURDAY February 17
45 minutes	45 minutes	11 miles

## WEEK 11

TUESDAY February 27	THURSDAY March 1	SATURDAY March 3
45 minutes	45 minutes	13 miles

## WEEK 13

TUESDAY March 13	THURSDAY March 15	SATURDAY March 17
45 minutes	45 minutes	15 miles

## WEEK 8

TUESDAY February 6	THURSDAY February 8	SATURDAY February 10
45 minutes	45 minutes	8 x 800

## WEEK 10

TUESDAY February 20	THURSDAY February 22	SATURDAY February 24
45 minutes	45 minutes	10 x 800

## WEEK 12

TUESDAY March 6	THURSDAY March 8	SATURDAY March 10
45 minutes	45 minutes	12 x 800

## WEEK 14

TUESDAY March 20	THURSDAY March 22	SATURDAY March 24
45 minutes	45 minutes	14 x 800



## WEEK 15

TUESDAY  
March 27

45 minutes

THURSDAY  
March 29

45 minutes

SATURDAY  
March 31

17 miles

## WEEK 17

TUESDAY  
April 10

45 minutes

THURSDAY  
April 12

45 minutes

SATURDAY  
April 14

5 miles  
(3 at race pace)

## WEEK 19

TUESDAY  
April 24

45 minutes

THURSDAY  
April 26

45 minutes

SATURDAY  
April 28

3 miles

## WEEK 16

TUESDAY  
April 3

45 minutes

THURSDAY  
April 5

45 minutes

SATURDAY  
April 7

14 x 800

## WEEK 18

TUESDAY  
April 17

45 minutes

THURSDAY  
April 19

45 minutes

SUNDAY  
April 22

*Star Wars™* Half  
Marathon -  
The Dark Side