



PRESENTED
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TRAINING PROGRAM

Time Goal Runners

(those who have run at least one marathon)

GOAL: To Improve On Previous Time

This program is designed for those who have run a marathon before and want to improve their 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 more days per week you can continue to do so, as long as you are recovering quickly. For more information, see my book GALLOWAY TRAINING PROGRAMS at www.JeffGalloway.com.

Jeff Galloway • US Olympian • *runDisney* Official Training Consultant

TRAINING PROGRAM OVERVIEW



The long run is the key to marathon success.

As you increase the distance of these, you push back your endurance barriers and prepare yourself to avoid “the wall” on raceday. Recommended pace is at least 2 min/mi slower than your best marathon during the last year. You cannot go too slowly on the long runs: your goal is simply to finish each one and recover fast.

To begin this program, you should have run a long run of at least 4 miles during the last two weeks in June. If you were not at that distance, simply walk the first 2 miles of the 5.5 mile run on July 5.

Set a realistic goal: 20-30 seconds per mile faster than your best marathon performance in the past year is the most improvement that most runners can achieve in 6 months.

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 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. 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” 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 and or Thursday, practice various run-walk-run strategies, at race pace, for 2-4 miles.

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 increase your fat burning. On the cross training days, don’t do exercises like 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, so that you are comfortable with the pace on that run.

Race Day practice. On the Tuesday and/or Thursday 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. It is often surprising to find that shorter running segments result in faster times and less fatigue.

On Thursday, run another “race day practice” run. You can also run, untimed, on a hilly course to strengthen the running muscles. After the standard warmup, run up and down 3-6 hills, at a pace similar to your goal pace.

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

TRAINING PROGRAM OVERVIEW



Speedwork: one mile repeats are included to improve speed. Do the standard warmup, followed by 4 accelerations that gradually increase to workout pace. Run each one mile segment 30 seconds faster than your goal pace, and walk for 5 minutes. Then repeat as noted on the schedule.

Magic Mile: I suggest doing this after the standard warmup on the days noted on the schedule below. By the end of the training program, multiply your best magic mile time by 1.3 to see what an all-out pace on an ideal day would be, and adjust for temperature and crowd slowdown 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 current potential per mile pace on an ideal day.

- Use the standard warmup (# 10)
- 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 gentle 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 mileage assigned on that day, taking as many walk breaks as you wish.

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. For prediction purposes, you want to finish feeling like you couldn’t go much further at that pace. 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: JANUARY 7, 2018

Walt Disney World® Marathon

Time Goal Runners

Tuesday - 45 minutes

Thursday - 45 minutes

Saturday - Listed below

WEEK 1

TUESDAY June 27	THURSDAY June 29	SATURDAY July 1
45 minutes	45 minutes	5.5 miles

WEEK 2

TUESDAY July 4	THURSDAY July 6	SATURDAY July 8
45 minutes	45 minutes	7 miles

WEEK 3

TUESDAY July 11	THURSDAY July 13	SATURDAY July 15
45 minutes	45 minutes	3 miles

WEEK 4

TUESDAY July 18	THURSDAY July 20	SATURDAY July 22
45 minutes	45 minutes	9 miles

WEEK 5

TUESDAY July 25	THURSDAY July 27	SATURDAY July 29
45 minutes	45 minutes	4 miles

WEEK 6

TUESDAY August 1	THURSDAY August 3	SATURDAY August 5
45 minutes	45 minutes	11 miles



WEEK 7

TUESDAY
August 8

45 minutes

THURSDAY
August 10

45 minutes

SATURDAY
August 12

4 miles

WEEK 9

TUESDAY
August 22

45 minutes

THURSDAY
August 24

45 minutes

SATURDAY
August 26

5 miles

WEEK 11

TUESDAY
September 5

45 minutes

THURSDAY
September 7

45 minutes

SATURDAY
September 9

4 x 1 mile

WEEK 13

TUESDAY
September 19

45 minutes

THURSDAY
September 21

45 minutes

SATURDAY
September 23

6 x 1 mile

WEEK 8

TUESDAY
August 15

45 minutes

THURSDAY
August 17

45 minutes

SATURDAY
August 19

13 miles

WEEK 10

TUESDAY
August 29

45 minutes

THURSDAY
August 31

45 minutes

SATURDAY
September 2

15 miles

WEEK 12

TUESDAY
September 12

45 minutes

THURSDAY
September 14

45 minutes

SATURDAY
September 16

17 miles

WEEK 14

TUESDAY
September 26

45 minutes

THURSDAY
September 28

45 minutes

SATURDAY
September 30

7 miles
with Magic Mile



WEEK 15

TUESDAY October 3	THURSDAY October 5	SATURDAY October 7
45 minutes	45 minutes	20 miles

WEEK 17

TUESDAY October 17	THURSDAY October 19	SATURDAY October 21
45 minutes	45 minutes	7 miles with Magic Mile

WEEK 19

TUESDAY October 31	THURSDAY November 2	SATURDAY November 4
45 minutes	45 minutes	10 x 1 mile

WEEK 21

TUESDAY November 14	THURSDAY November 16	SATURDAY November 18
45 minutes	45 minutes	26 miles

WEEK 16

TUESDAY October 10	THURSDAY October 12	SATURDAY October 14
45 minutes	45 minutes	8 x 1 mile

WEEK 18

TUESDAY October 24	THURSDAY October 26	SATURDAY October 28
45 minutes	45 minutes	23 miles

WEEK 20

TUESDAY November 7	THURSDAY November 9	SATURDAY November 11
45 minutes	45 minutes	7 miles with Magic Mile

WEEK 22

TUESDAY November 21	THURSDAY November 23	SATURDAY November 25
45 minutes	45 minutes	12 x 1 mile



WEEK 23

TUESDAY November 28	THURSDAY November 30	SATURDAY December 2
45 minutes	45 minutes	7 miles with Magic Mile

WEEK 25

TUESDAY December 12	THURSDAY December 14	SATURDAY December 16
45 minutes	45 minutes	14 x 1 mile

WEEK 27

TUESDAY December 26	THURSDAY December 28	SATURDAY December 30
45 minutes	45 minutes	7 miles

WEEK 29

TUESDAY January 9	THURSDAY January 11	SATURDAY January 13
45 minutes	45 minutes	3 miles

WEEK 24

TUESDAY December 5	THURSDAY December 7	SATURDAY December 9
45 minutes	45 minutes	29 miles

WEEK 26

TUESDAY December 19	THURSDAY December 21	SATURDAY December 23
45 minutes	45 minutes	7 miles

WEEK 28

TUESDAY January 2	THURSDAY January 4	SUNDAY January 7
45 minutes	45 minutes	<i>Walt Disney World®</i> Marathon