



The I-35 CHALLENGE

Goal: To run Kansas City on Saturday and Des Moines on Sunday

By Olympian and IMT DES MOINES Official Training Consultant Jeff Galloway, www.RunInjuryFree.com

For runners who have been running for at least 6 months, and have run at least one race of the goal distance of the I-35 Challenge (either the Half Marathon or Marathon)

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 Jeff Galloway's book GALLOWAY TRAINING PROGRAMS at www.JeffGalloway.com.

TIPS FOR TECHNIQUE AND TRAINING

1. The long weekend sessions (done every 2-3 weeks) are the keys to success in “The I-35 Challenge.” As you increase the distance of a very slow (mostly walk) on Saturday, followed by a slow 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 long weekend with strength. Recommended pace of the Saturday workout should be at least 3 minute/mile slower than current ability or performance. On the Sunday runs, the pace should be at least 2 minutes per mile slower than current ability or performance. See the “MAGIC MILE” section below for more information.

NOTE: You will get the same endurance from walking the Saturday workout as from running it. It's best to walk most or all of the Saturdays on these double workout weekends and on October 15.
2. 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.
3. 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 mid-foot.
4. Walking and Running form: Walk or run with a gentle stride that is relatively short. Power walking and walking or running with a long stride increase injury risk.
5. Slowdown in the heat! Surveys have shown that runners tend to slow down 30 seconds/mile for every 5°F temperature increase above 60°F. 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.



6. Time limit for the Kansas City Marathon (10-15-16) is 6:00 hours for all events. The per mile pace to reach this goal is 13:30 minutes per mile. The “MAGIC MILE” listed below, will tell you what would be expected as a per mile pace on race day. Don't worry if your comfortable long run pace is slower than this pace. The results of the “MAGIC MILE” will tell you what is realistic on race day. Please practice 13:00 minutes per mile pace during the middle of a Tuesday run each week as noted in #10 below. On Thursday, it is best to do a timed walk for 2-3 miles, inserting 10-15 seconds of running into each minute (read #8 below).
7. Time limit for the Des Moines events (10-16-16) is 7:00 hours for all events. The per mile pace to reach this goal is 16 minutes per mile. The “MAGIC MILE” listed below, will tell you what would be expected as a per mile pace on race day. Don't worry if your comfortable long run pace is slower than 16 minutes per mile. The results of the “MAGIC MILE” will tell you what is realistic on race day. Please practice 15:00 to 15:30 minutes per mile pace during the middle of a Tuesday run each week as noted in #10 below. On Thursday, it is best to do a timed walk for 2-3 miles, inserting 10-15 seconds of running into each minute (read #8 below).
8. 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 minutes per mile slower than current predicted fast Marathon pace). It's always OK to downshift to more walking/less running when not feeling as strong.

Suggested strategies for Run Walk Ratio – based on minutes/mile pace:

1. **9 minutes/mile pace**
 - 4 minute run/1 minute walk or 2 minute run/20 second walk or 80 second run/20 second walk
2. **10 minutes/mile pace**
 - 3 minute run/1 minute walk or 90 second run/30 second walk or 60 second run/20 second walk
3. **11 & 12 minutes/mile pace**
 - 2 minute run/1 minute walk or 60 second run/20 second walk or 40 second run/20 second walk or 30 second run/15 second walk
4. **13 & 14 minutes/mile pace**
 - 1/1:30 minute run/30 second walk or 20 second run/20 second walk or 15 second run/15 second walk
5. **15 minutes/mile pace**
 - 10 second run/20 second walk or 15 second run/40 second walk or 20 second run/40 second walk
6. **16 & 17 minutes/mile pace**
 - 10 second run/30 second walk or 15 second run/45 second walk
9. 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 day, the pace or the run-walk ratio for each of these runs.



10. Race Day practice. During the middle of a Tuesday run each week, after the standard warmup, time yourself for 4-6 half mile segments and run a pace that you feel is realistic on race day. If you are concerned about the 13:30 minutes per mile or 16 minutes per mile pace needed to finish before the closing of the course, practice running at 6:40 minutes per 800 meters (for 13:30 minutes/mile pace) or 7:50 minutes per 800 meters (for 16:00 minutes/mile pace). During these segments, use a variety of run-walk strategies to find the right strategy for you.
11. It is fine to do cross training on non-running days 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. Avoid any strenuous activity the day before long runs.
12. Standard cool down: Walk for 10 minutes with a gentle and short stride.
13. **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 13:30 minutes/mile for Kansas City or 16:00 minutes/mile for Des Moines or faster to predict a finish time below the course time limit on race day.



The "MAGIC MILE"

The "MAGIC MILE" time trial (MM) is a reality check on your goal pace on race day, and has been the best predictor of finishing under the race time limit.

1. Use the standard warmup
2. Run around a track if at all possible (or a very accurately measured one mile segment)
3. 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.
4. **On the first MM, don't run all-out. Run at a pace that is slightly faster than your current gentle pace.**
5. Only one **MM** is done on each day it is assigned.
6. On each successive **MM** (usually 2-3 weeks later), your mission is to beat the previous best time.
7. 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.
8. After the **MM**, jog slowly for the rest of the distance 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. 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. For predicted 13.1 time, take your best **MM** and multiply by 1.3.

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

*Adjust for temperature on long runs and the race itself: Slow down by 30 second/mile for every 5°F above 60°F.

NOTE: This training advice is given as one runner to another. For medical questions, ask your doctor.



THE I-35 CHALLENGE TRAINING PROGRAM

Three Day Training Week:

Tuesday—30-45 minutes

Thursday—30-45 minutes

Saturday/Sunday—Listed below

NOTES

1. Half Marathon challengers will build long runs to 13 miles.
2. Marathon challengers will build long runs to 26 miles.
3. If your longest run in the last month is significantly less than the miles listed on starting weekend, walk both Saturday and Sunday workouts for the first 2 long weekend sessions.
4. Pace should be at least 2 minutes/mile slower than current pace in the marathon or 3 minutes/mile slower than current half marathon pace. There should be no huffing and puffing on long runs.
5. The schedule below is guidance for the weekend walks and runs. This is on top of the Tuesday and Thursday 30-45 minute runs.
6. **NOTE:** If you have run 14 miles or more within the past 3 weeks, and you are running the marathon to marathon I-35 Challenge you can run 6 miles on August 10.

HALF MARATHON TO HALF MARATHON WEEKEND TRAINING SCHEDULE

August 6 & 7	4 miles walk & 6 miles
August 13 & 14	7 miles walk & 7.5 miles
August 20 or 21	4 miles with MM (see MAGIC MILE section above)
August 27 & 28	8.5 miles (mostly) walk & 9 miles
September 3 or 4	4 miles with MM (see MAGIC MILE section above)
September 9 & 11	10 miles (mostly) walk & 11 miles
September 17 or 18	4 miles with MM (see MAGIC MILE section above)
September 24	12 miles (mostly) walk & 13 miles
October 2	4 miles
October 9	6 miles
October 15	Waddell & Reed Kansas City Marathon with Ivy Funds (mostly walk)
October 16	IMT Des Moines Marathon
October 23	3 miles

MARATHON TO MARATHON WEEKEND TRAINING SCHEDULE

August 6 & 7	12 miles walk & 14 miles
August 13 & 14	15 miles walk & 17 miles
August 20 or 21	4 miles with MM (see MAGIC MILE section above)
August 27 & 28	18 miles (mostly) walk & 20 miles
September 4 or 5	4 miles with MM (see MAGIC MILE section above)
September 10 & 11	21 miles (mostly) walk & 23 miles
September 17 or 19	4 miles with MM (see MAGIC MILE section above)
September 24	24 miles (mostly) walk & 26 miles
October 2	4 miles
October 9	6 miles
October 15	Waddell & Reed Kansas City Marathon with Ivy Funds (mostly walk)
October 16	IMT Des Moines Marathon
October 23	3 miles