



# HALF MARATHON

## Training Program

For Beginners or Those Without a Time Goal

Jeff Galloway transformed himself from an overweight 13 year old to an Olympian through learning and applying the principles of training. Over more than 40 years, he has coached over a million runners and walkers to their goals through Galloway training programs, retreats, running schools and books. His methods allow those at all fitness levels to enjoy the accomplishment of finishing 13.1 miles with almost no risk of injury—and have helped experienced runners improve with little risk of injury.

For more information visit [www.jeffgalloway.com](http://www.jeffgalloway.com) or [www.runinjuryfree.com](http://www.runinjuryfree.com).

**Jeff Galloway | US Olympian | Official Training Consultant, IMT Des Moines Marathon**



# TRAINING PROGRAM OVERVIEW

**01 Enjoy the Journey!** Each run can reduce stress, improve attitude, and enhance vitality for the rest of the day. Follow the principles and you gain control over your fatigue, your attitude, your enjoyment of exercise. This experience has empowered many to improve the quality of their lives in many other ways.

**02 Sign Up!** By registering for a half marathon, and a few other races along the training journey, one is much more likely to get in each training element below to improve performance. Local running clubs or running stores can advise which courses are faster, and which races are well-organized.

**03 Set a realistic goal.** Use the guidelines below for setting a safe pace on long runs. On race day, I recommend running the first 20 miles at training pace. At that point you can either continue at the same pace or speed up as is comfortable.

**04 Goal:** to finish. This is not a time goal program. Those interested in time goals can use the time goal program.

**05 Count Back!** Schedule each training session. In your appointment book or calendar, write each workout listed below on the appropriate date. My GALLOWAY TRAINING JOURNAL has a year of entries with training tips. ([www.JeffGalloway.com](http://www.JeffGalloway.com))

**06 Go slowly on long runs!** If you avoid huffing and puffing, you can enjoy the runs as you develop the endurance to go the distance. Insert walk breaks from the beginning and pace yourself at least 3 minutes per mile slower than a recent half marathon (or as predicted by your "magic mile" listed below). Inserting walk breaks as noted below will also speed recovery. Slow down additionally above 60F (14C): 30 sec per mile for every 5 degree increase above 60F (20 sec/KM slower for each 2C increase above 14C).



# TRAINING PROGRAM OVERVIEW

**07 Stride Gently! Whether walking or running.** Shorter strides are more efficient and reduce aches and pains.

**08 Only 3 workouts a week!** The long one on the weekend gradually increases to 14 miles. Two easy runs a week will maintain the adaptations gained during the long runs. For more information on nutrition, form, speed drills, and details on all of the workouts, get my books HALF MARATHON, A WOMAN'S GUIDE TO THE HALF MARATHON or GALLOWAY TRAINING PROGRAMS [[www.JeffGalloway.com](http://www.JeffGalloway.com)].

**09 If you have not been running: walk the first long run of 2 miles.** On the maintenance days you can start with 5-10 seconds of jogging every minute and gradually increase as feels comfortable.

**10 Use the run-walk-run strategies** listed below on long runs to avoid aches, pains and injuries.

**11 Don't push into pain, stop the workout.** If the pain does not go away during an easy walk, the workout should be over.

**12 Recruit someone to join you.** Having an exercise partner improves motivation.

**13 This advice is given as one runner to another.** For medical information, see a doctor.



# TRAINING PROGRAM OVERVIEW

**14** **Cross training** will probably not help you improve your time. But it is fine to do non pounding cross training, on the other days of the week. It's best to not run the day before long runs and before races.

**15** **Race Rehearsal-RR.** On Tuesday I suggest a "race rehearsal" (RR) segment, after a mile of slow running and 4 acceleration-gliders (see [www.JeffGalloway.com](http://www.JeffGalloway.com)). Run 3-4 half miles at a realistic race pace (read the "magic mile" section), trying various walk break strategies as you time yourself.

**16** **Take walk breaks!** Walk breaks reduce injury, speed recovery and allow almost anyone to cover the distance. See the section below.

**17** **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.

**18** **Walking form.** Walk with a gentle stride, that is relatively short. Power walking and walking with a long stride increase injury risk.

**19** **Slow down in the heat!** Whether during long runs or races, slow down 30 sec per mile for every 5 degree increase above 60F (20 sec/ KM slower for each 2C increase above 14C) 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.



# TRAINING PROGRAM OVERVIEW

**MAGIC MILE (MM) can help you monitor progress, and set a realistic goal on raceday**  
These should be done on the weeks noted on the schedule. The MM has been the best predictor of current potential and helps to set a realistic training pace. With this information, you can decide how hard to run during various situations. (If you have an injury, don't do the MM)

- Warm up for the MM with about 5 minutes of very easy running followed by 5 minutes of run 1-2 min/walk 30 seconds
- Do 4-6 acceleration-gliders as in the book -no sprinting
- Do the MM on a track if at all possible (or a very accurately measured segment)
- Time yourself for 4 laps (or an accurately measured mile). Start the watch at the beginning, and keep it running until you cross the finish of the 4th lap.
- On the first MM, don't run all-out: run at a pace that is only slightly faster than your current training 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 push so hard that you hurt your feet, knees, etc.
- Jog slowly for the rest of the distance assigned on that day taking as many walk breaks as you wish.
- Compute your current potential in the 13.1 by using the predicting performance function at [www.jeffgalloway.com](http://www.jeffgalloway.com). The result would be the maximum performance you could expect under ideal conditions on raceday after doing the time goal training. Adjust for non-ideal conditions. I recommend that first time runners in all events, run only to finish.
- Suggested Long Run Training pace is at least 3 minutes per mile slower than predicted 13.1 pace. Adjust for heat as noted above.
- After you have run 3 of these MMs (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. Only one MM is run on each designated MM day on the schedule.



# TRAINING PROGRAM OVERVIEW

**Walk breaks should be taken on long runs.** Walk breaks will allow the running body to recover, even as you are increasing distance. By inserting walk breaks from the beginning, you can erase fatigue and recover fast after even a long run. Here are the current strategies that work best for the long run paces listed.

- 9 min/mi—run 2 min/walk 30 sec
- 10 min/mi—run 1:30 min/walk 20 sec
- 11 min/mi—run 1 min/walk 25 sec
- 12 min/mi—run 1 min/walk 20 sec
- 13 min/mi—run 30 sec/walk 30 sec
- 14 min/mi—run 30 sec/walk 30 sec
- 15 min/mi—run 30 sec/walk 45 sec
- 16 min/mi—run 20 sec/walk 40 sec
- 17 min/mi—run 15 sec/walk 45 sec
- 18 min/mi—run 10 sec/walk 50 sec

For additional IMT Des Moines Marathon event information visit [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com) and click on Train.

**Note:** There is a Run-walk-run timer (\$20) which signals when to run and when to walk ([www.JeffGalloway.com](http://www.JeffGalloway.com)).



# HALF MARATHON TRAINING SCHEDULE

## Three Day Training Week:

Tuesday—30 minutes  
Thursday—30 minutes  
Weekend—listed below

MAY 17 <sup>TH</sup>	MAY 19 <sup>TH</sup>	MAY 22 <sup>ND</sup>
30 minutes	30 minutes	2 miles with MM

MAY 24 <sup>TH</sup>	MAY 26 <sup>TH</sup>	MAY 29 <sup>TH</sup>
30 minutes	30 minutes	3 miles

MAY 31 <sup>ST</sup>	JUNE 02 <sup>ND</sup>	JUNE 04 <sup>TH</sup>
30 minutes	30 minutes	2 miles

JUNE 07 <sup>TH</sup>	JUNE 09 <sup>TH</sup>	JUNE 12 <sup>TH</sup>
30 minutes	30 minutes	4 miles

JUNE 14 <sup>TH</sup>	JUNE 16 <sup>TH</sup>	JUNE 19 <sup>TH</sup>
30 minutes	30 minutes	3 miles

JUNE 21 <sup>ST</sup>	JUNE 23 <sup>RD</sup>	JUNE 26 <sup>TH</sup>
30 minutes	30 minutes	5 miles

JUNE 28 <sup>TH</sup>	JUNE 30 <sup>TH</sup>	JULY 03 <sup>RD</sup>
30 minutes	30 minutes	3 miles

JULY 05 <sup>TH</sup>	JULY 07 <sup>TH</sup>	JULY 10 <sup>TH</sup>
30 minutes	30 minutes	6 miles

JULY 12 <sup>TH</sup>	JULY 14 <sup>TH</sup>	JULY 17 <sup>TH</sup>
30 minutes	30 minutes	3 miles



# HALF MARATHON TRAINING SCHEDULE

JULY 19 <sup>TH</sup>	JULY 21 <sup>ST</sup>	JULY 24 <sup>TH</sup>
30 minutes	30 minutes	7 miles

JULY 26 <sup>TH</sup>	JULY 28 <sup>TH</sup>	JULY 31 <sup>ST</sup>
30 minutes	30 minutes	3 miles

AUGUST 02 <sup>ND</sup>	AUGUST 04 <sup>TH</sup>	AUGUST 07 <sup>TH</sup>
30 minutes	30 minutes	8 miles

AUGUST 08 <sup>TH</sup>	AUGUST 10 <sup>TH</sup>	AUGUST 13 <sup>TH</sup>
30 minutes	30 minutes	3 miles with MM

AUGUST 15 <sup>TH</sup>	AUGUST 17 <sup>TH</sup>	AUGUST 20 <sup>TH</sup>
30 minutes	30 minutes	9.5 miles

AUGUST 22 <sup>ND</sup>	AUGUST 24 <sup>TH</sup>	AUGUST 27 <sup>TH</sup>
30 minutes	30 minutes	3 miles with MM

AUGUST 29 <sup>TH</sup>	AUGUST 31 <sup>ST</sup>	SEPTEMBER 03 <sup>RD</sup>
30 minutes	30 minutes	11 miles

SEPTEMBER 05 <sup>TH</sup>	SEPTEMBER 07 <sup>TH</sup>	SEPTEMBER 11 <sup>TH</sup>
30 minutes	30 minutes	3 miles with MM

SEPTEMBER 13 <sup>TH</sup>	SEPTEMBER 15 <sup>TH</sup>	SEPTEMBER 18 <sup>TH</sup>
30 minutes	30 minutes	12.5 miles

SEPTEMBER 20 <sup>TH</sup>	SEPTEMBER 22 <sup>TH</sup>	SEPTEMBER 25 <sup>TH</sup>
30 minutes	30 minutes	3 miles with MM

8.

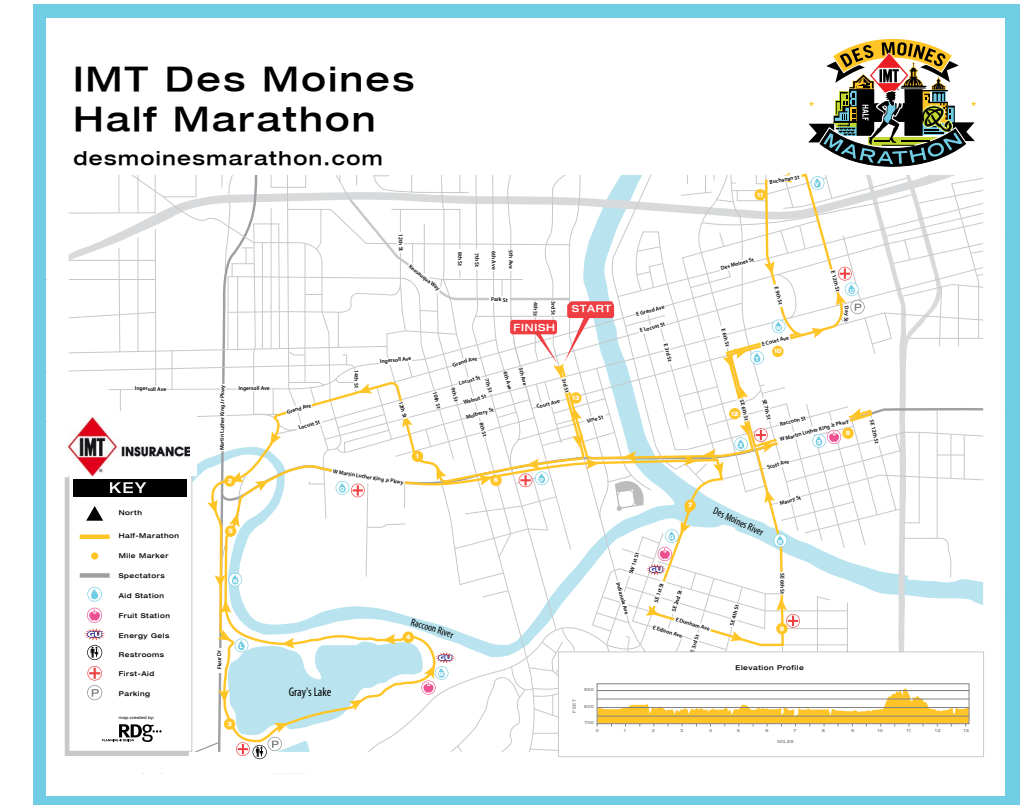


# HALF MARATHON TRAINING SCHEDULE

SEPTEMBER 27 <sup>TH</sup>	SEPTEMBER 30 <sup>ST</sup>	OCTOBER 02 <sup>TH</sup>
30 minutes	30 minutes	14 miles

OCTOBER 03 <sup>TH</sup>	OCTOBER 05 <sup>TH</sup>	OCTOBER 09 <sup>TH</sup>
30 minutes	30 minutes	3 miles with MM

OCTOBER 16 <sup>TH</sup>	OCTOBER 24 <sup>TH</sup>
★ IMT DES MOINES HALF MARATHON ★	
3 miles	



9.