



# HALF MARATHON

## Training Program

For Runners Who Have Finished a Half Marathon and Want to Run Faster

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:** This is a time goal program. First time half marathoners should use the non-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).



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**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 19 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 This program assumes that you have been running regularly for at least 3 weeks and have run at least 3 miles within this period.** If you have not been running this much, jog gently every other day and build the weekend run to 3 miles.

**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 avoid strenuous exercise the day before long runs and weekend speed workouts.

**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.

- 7 min/mi—run 5 min/walk 20 sec
- 7:30/mi—run 5 min/walk 30 sec
- 8 min/mi—run 4 min/walk 30 sec
- 8:30/mi—run 4 min/walk 45 sec
- 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

## Drills help you run smoother, faster and transition between walking and running.

**Cadence Drill (CD):** Time yourself for 30 seconds and count the touches of either the left or right foot. Walk or jog 30 sec between each.

**Acceleration-Glider drill (AG):** Walk about 10 steps then seamlessly move into a slow jog (@10 steps), faster jog (@ 10 steps, and into a gradual acceleration (no sprinting for about 30 steps). Then seamlessly glide back into a walk break, using momentum (as many steps as desired).

**800 meter repeats on weekends:** Run each 800 fifteen seconds faster than goal pace per half mile in your race. Walk 3 min between each 800.

**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)).

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



# HALF MARATHON TRAINING SCHEDULE

## Three Day Training Week:

Tuesday—5 min easy warm up, 4 CDs and 4 AGs, then 4-6 x 800 meter at goal pace per half mile. During each, try a different run/walk/run strategy to see which works best.

Thursday—4 CDs and 4 AGs, then alternate each week: one week a MM and the next week 30 minutes on a hilly course working on smooth hill form going up and down: feet low to the ground, light touch, avoid a long stride.

Weekend—listed below

MAY 17 <sup>TH</sup>	MAY 19 <sup>TH</sup>	MAY 22 <sup>ND</sup>
Tuesday workout	Thursday workout	4 miles with MM

MAY 24 <sup>TH</sup>	MAY 26 <sup>TH</sup>	MAY 29 <sup>TH</sup>
Tuesday workout	Thursday workout	5 miles

MAY 31 <sup>ST</sup>	JUNE 02 <sup>ND</sup>	JUNE 05 <sup>TH</sup>
Tuesday workout	Thursday workout	3 miles with MM

JUNE 07 <sup>TH</sup>	JUNE 09 <sup>TH</sup>	JUNE 12 <sup>TH</sup>
Tuesday workout	Thursday workout	6.5 miles

JUNE 14 <sup>TH</sup>	JUNE 16 <sup>TH</sup>	JUNE 19 <sup>TH</sup>
Tuesday workout	Thursday workout	4 miles with MM

JUNE 21 <sup>ST</sup>	JUNE 23 <sup>RD</sup>	JUNE 26 <sup>TH</sup>
Tuesday workout	Thursday workout	8 miles

JUNE 28 <sup>TH</sup>	JUNE 30 <sup>TH</sup>	JULY 03 <sup>RD</sup>
Tuesday workout	Thursday workout	4 miles with MM



# HALF MARATHON TRAINING SCHEDULE

JULY 05 <sup>TH</sup>	JULY 07 <sup>TH</sup>	JULY 10 <sup>TH</sup>
Tuesday workout	Thursday workout	9.5 miles

JULY 12 <sup>TH</sup>	JULY 14 <sup>TH</sup>	JULY 17 <sup>TH</sup>
Tuesday workout	Thursday workout	4 x 800

JULY 19 <sup>TH</sup>	JULY 21 <sup>ST</sup>	JULY 24 <sup>TH</sup>
Tuesday workout	Thursday workout	11 miles

JULY 26 <sup>TH</sup>	JULY 28 <sup>TH</sup>	JULY 31 <sup>ST</sup>
Tuesday workout	Thursday workout	6 x 800

AUGUST 02 <sup>ND</sup>	AUGUST 04 <sup>TH</sup>	AUGUST 07 <sup>TH</sup>
Tuesday workout	Thursday workout	13 miles

AUGUST 09 <sup>TH</sup>	AUGUST 11 <sup>TH</sup>	AUGUST 14 <sup>TH</sup>
Tuesday workout	Thursday workout	8 x 800

AUGUST 16 <sup>TH</sup>	AUGUST 18 <sup>TH</sup>	AUGUST 21 <sup>ST</sup>
Tuesday workout	Thursday workout	15 miles

AUGUST 23 <sup>RD</sup>	AUGUST 25 <sup>TH</sup>	AUGUST 28 <sup>TH</sup>
Tuesday workout	Thursday workout	10 x 800

AUGUST 30 <sup>TH</sup>	SEPTEMBER 01 <sup>ST</sup>	SEPTEMBER 04 <sup>TH</sup>
Tuesday workout	Thursday workout	17 miles

SEPTEMBER 06 <sup>TH</sup>	SEPTEMBER 08 <sup>TH</sup>	SEPTEMBER 12 <sup>TH</sup>
Tuesday workout	Thursday workout	12 x 800

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# HALF MARATHON TRAINING SCHEDULE

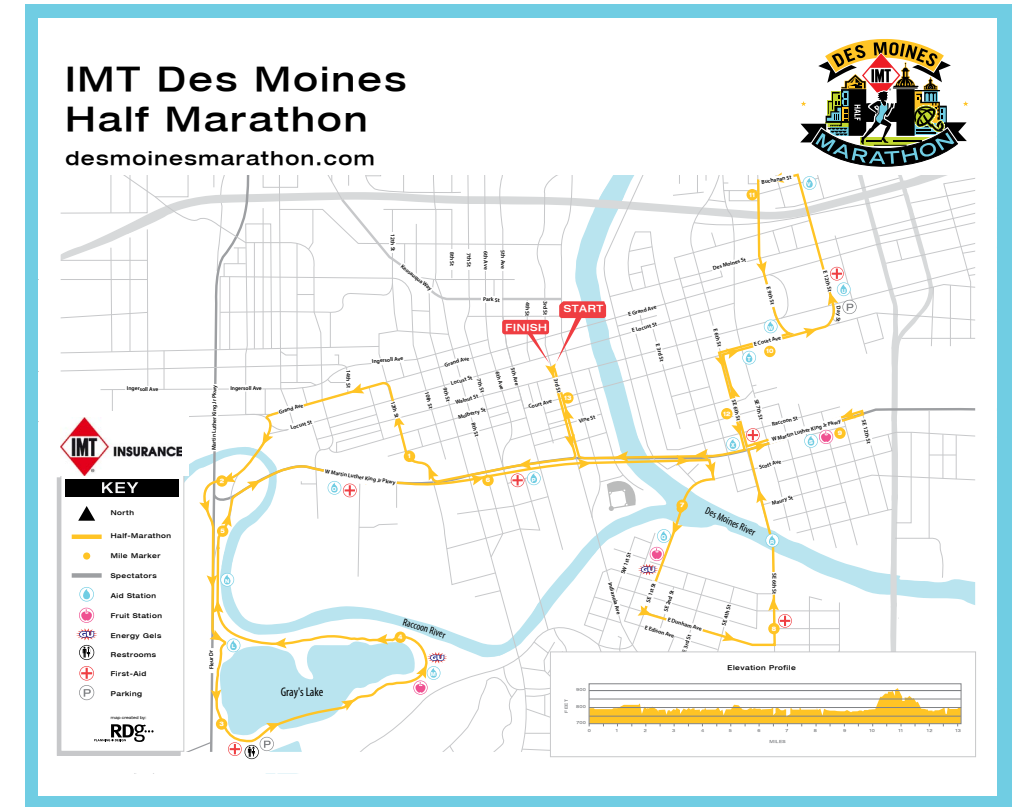
SEPTEMBER 13 <sup>TH</sup>	SEPTEMBER 15 <sup>TH</sup>	SEPTEMBER 18 <sup>TH</sup>
Tuesday workout	Thursday workout	5 miles with MM

SEPTEMBER 20 <sup>TH</sup>	SEPTEMBER 22 <sup>ND</sup>	SEPTEMBER 25 <sup>TH</sup>
Tuesday workout	Thursday workout	19 miles

SEPTEMBER 27 <sup>TH</sup>	OCTOBER 29 <sup>TH</sup>	OCTOBER 02 <sup>ND</sup>
Tuesday workout	Thursday workout	14 x 800

OCTOBER 04 <sup>TH</sup>	OCTOBER 06 <sup>TH</sup>	OCTOBER 09 <sup>TH</sup>
Tuesday workout	Thursday workout	5 miles

OCTOBER 16 <sup>TH</sup>	OCTOBER 23 <sup>RD</sup>
★ IMT DES MOINES HALF MARATHON ★	
3 miles	



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