



MARATHON

Training Program

For Runners Who Have Finished a 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 26.2 miles with almost no risk of injury. The Galloway Training Program allows you to carry on your life—no more exhaustion.

For more information visit www.jeffgalloway.com or 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 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 events are more “beginner-friendly”, well-organized, etc.

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 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)

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 MARATHON or GALLOWAY TRAINING PROGRAMS (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). 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 its 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 marathon by using the predicting performance function at 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, at a pace that is at least 2 min/mi slower than predicted by the MM.
- Suggested Long Run Training pace is at least 2 minutes per mile slower than predicted marathon 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. Don't run an all-out effort or push into injury. 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 4 min/walk 1 min (4-1) or 2 min/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—30 sec/30 sec or 20/20 or 15/15
- 15 min/mi—30 sec run/45 sec walk or 10/20 or 15/30
- 16 min/mi—20 sec run/40 sec walk or 10/20 or 15/30
- 17 min/mi—15 sec run/45 sec walk or 10/30
- 18 min/mi—10 sec run/50 sec walk or 10/40

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

For additional IMT Des Moines Marathon event information visit www.desmoinesmarathon.com and click on Train.

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).

1 mile repeats on certain weekends: Run each mile repeat 30 seconds faster than goal pace in your race. Walk 3 min between each.

Note: If you are starting this training schedule in May or later and have not run the distance of the long run assigned for that weekend, you can “catch up with the schedule” by walking the number of miles that you have not run to date. For example, if you start the program on June 1st and your longest run in the past 2 weeks was 5 miles, walk gently for 6 miles and then run with appropriate walk breaks for the rest.



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

APRIL 12 TH	APRIL 14 TH	APRIL 17 TH
Tuesday workout	Thursday workout	5.5 miles

APRIL 19 TH	APRIL 21 ST	APRIL 24 TH
Tuesday workout	Thursday workout	3 miles

APRIL 26 TH	APRIL 28 TH	MAY 01 ST
Tuesday workout	Thursday workout	7 miles

MAY 03 RD	MAY 05 TH	MAY 08 TH
Tuesday workout	Thursday workout	4 miles

MAY 10 TH	MAY 12 TH	MAY 15 TH
Tuesday workout	Thursday workout	9 miles

MAY 17 TH	MAY 19 TH	MAY 22 ND
Tuesday workout	Thursday workout	4 miles with MM

MAY 24 TH	MAY 26 TH	MAY 29 TH
Tuesday workout	Thursday workout	11 miles



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MAY 31 ST	JUNE 02 ND	JUNE 05 TH
Tuesday workout	Thursday workout	4 miles with MM

JULY 05 TH	JULY 07 TH	JULY 10 TH
Tuesday workout	Thursday workout	17 miles

AUGUST 09 TH	AUGUST 11 TH	AUGUST 14 TH
Tuesday workout	Thursday workout	23 miles

SEPTEMBER 13 TH	SEPTEMBER 15 TH	SEPTEMBER 18 TH
Tuesday workout	Thursday workout	7 miles with MM

JUNE 07 TH	JUNE 09 TH	JUNE 12 TH
Tuesday workout	Thursday workout	13 miles

JULY 12 TH	JULY 14 TH	JULY 17 TH
Tuesday workout	Thursday workout	6 x 1 mile

AUGUST 16 TH	AUGUST 18 TH	AUGUST 21 ST
Tuesday workout	Thursday workout	10 x 1 mile

SEPTEMBER 20 TH	SEPTEMBER 22 ND	SEPTEMBER 25 TH
Tuesday workout	Thursday workout	29 miles

JUNE 14 TH	JUNE 16 TH	JUNE 19 TH
Tuesday workout	Thursday workout	4 miles with MM

JULY 19 TH	JULY 21 ST	JULY 24 ST
Tuesday workout	Thursday workout	20 miles

AUGUST 23 RD	AUGUST 25 TH	AUGUST 28 TH
Tuesday workout	Thursday workout	7 miles with MM

SEPTEMBER 27 TH	SEPTEMBER 29 TH	OCTOBER 02 ND
Tuesday workout	Thursday workout	14 x 1 mile

JUNE 21 ST	JUNE 23 RD	JUNE 26 TH
Tuesday workout	Thursday workout	14.5 miles

JULY 26 TH	JULY 28 TH	JULY 31 ST
Tuesday workout	Thursday workout	8 x 1 mile

AUGUST 30 TH	SEPTEMBER 01 ST	SEPTEMBER 04 TH
Tuesday workout	Thursday workout	26 miles

OCTOBER 04 TH	OCTOBER 06 TH	OCTOBER 09 TH
Tuesday workout	Thursday workout	7 miles

JUNE 28 TH	JUNE 30 TH	JULY 03 RD
Tuesday workout	Thursday workout	4 x 1 mile

AUGUST 02 ND	AUGUST 04 TH	AUGUST 07 TH
Tuesday workout	Thursday workout	7 miles with MM

SEPTEMBER 06 TH	SEPTEMBER 08 TH	SEPTEMBER 11 TH
Tuesday workout	Thursday workout	12 x 1 mile

OCTOBER 16 TH	OCTOBER 23 RD
★ IMT DES MOINES MARATHON ★	4 miles



MARATHON COURSE MAP

IMT Des Moines Marathon

desmoinesmarathon.com

