



## IMT Des Moines Marathon Half Marathon Training by Olympian Jeff Galloway

With my run walk run® method, it's possible to train for and finish a half marathon without aches pains and exhaustions. You Can Do It! Jeff Galloway

### HERE'S HOW ...

**THREE DAYS A WEEK** In my book GALLOWAY TRAINING PROGRAMS (available at [www.JeffGalloway.com](http://www.JeffGalloway.com)) you'll find back up information for the schedule below. Only three running days are needed, weekly: 30 minutes each on Tuesday and Thursday, and a longer and slower one on the weekend.

**RUN WITH A GENTLE, SHORT STRIDE** Whether walking or running, adjust your stride so that it is relaxed and well within a natural range of motion. It's better to err on the side of having a short stride. Long strides cause pain and injury.

**GENERAL PRINCIPLES** This is the minimum needed to finish. Time goal programs can be found in HALF MARATHON—YOU CAN DO IT and A WOMAN'S GUIDE TO THE HALF MARATHON, available at [www.JeffGalloway.com](http://www.JeffGalloway.com). You can always run slower and take more walk breaks on long runs. The pace of the shorter runs can be as you wish.

**THE LONG RUN IS THE KEY TO HALF MARATHON TRAINING** As you push back the length of the long run, every 2-3 weeks, you'll extend endurance limits, improve mental concentration at the end of races, and enhance your physiological infrastructure. Longer long runs, for example, improve your cardiovascular plumbing system so that you can deliver blood better to the exercising muscles, and withdraw the waste more effectively.

**LONG RUN PACE MUST BE SLOW:** I've developed a simple test (THE "MAGIC MILE" or MM) to determine your pace for the long run. Go to a track and run at a comfortable pace for 4 laps, or use your GPS device to measure one mile. Start at your normal running pace. During the last quarter mile, it is OK to huff and puff a little—but the breathing should not be out of control.

Then go to [www.JeffGalloway.com](http://www.JeffGalloway.com) and find the "magic mile" section with a calculator. The pace suggested for the long run is the fastest per mile time you should be recording on your long runs. You can always go slower. You will receive the same endurance from a long run that is fast or slow—but the faster paced long runs cause more injuries.

**RUN-WALK-RUN®** This method has virtually eliminated injury for hundreds of thousands of marathoners and runners in general. Surveys also show that former non-stop runners tend to improve finish times over 7 minutes faster in a half marathon using run-walk-run®.

By inserting scheduled walk breaks from the beginning of the workout or race, you can erase fatigue and take away the stress on areas that have been injured before. If you are huffing and puffing, experiencing aches and pains, or struggling in any way, adjust your strategy—and have energy to celebrate afterward.



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**RUN-WALK-RUN® STRATEGIES** The amount of running and walking is adjusted for the pace per mile on long runs, predicted by the MM.

<b>18 minute/mile</b>	Run 5 seconds/walk 30 seconds, or 7 second run/30 second walk
<b>17 minute/mile</b>	Run 7-10 seconds/walk 30 seconds
<b>16 minute/mile</b>	Run 10 seconds/walk 30 seconds
<b>15 minute/mile</b>	Run 15 seconds/walk 30 seconds
<b>13-14 minute/mile</b>	Run 30 seconds/walk 30 seconds, or 20/20, or 15/15
<b>11-12 minute/mile</b>	Run 60 seconds/walk 30 seconds, or 45/30, or 30/30
<b>10 minute/mile</b>	Run 90 seconds/walk 30 seconds, or 60/30
<b>9 minute/mile</b>	Run 2 minutes/walk 30 seconds, or run 90 seconds/walk 30 seconds

**MAINTENANCE WORKOUTS** Commonly, the long workout is done on weekends, and the two maintenance workouts are done on Tuesday and Thursday (or Monday and Wednesday when the long one is on Saturday). The pace of these can be as slow or as fast as you want to go, as long as you are recovering well from the weekend long ones.

**REST DAYS** When you go farther than you have gone before, your muscles, tendons, joints, etc. need time to rebuild stronger. Take the day off from exercise the day before and after a long one. On the other non-running days, you can do any exercise that does not fatigue the calf muscle. Walking, swimming, cycling, elliptical, rowing is fine. But stair machines, leg weight work, and step aerobics are not. You can also rest from exercise on the non-running days.

**WARM DOWN** After each workout, don't stop. Jog slowly, using as many walk breaks as you wish for the next 5-10 minutes, and then walk for 3-5 minutes. You can also walk for 5-10 minutes.

**NOTE** If you're already running longer than the distance listed for the first few weeks of the schedule, you can begin at the point on the chart that matches the distance of the longest run in the past 2 weeks. You can walk the entire distance of these long workouts listed on the schedule and get all of the endurance.

This half marathon training program advice is given as one runner to another. Whether you are a first timer, or a fifty-stater, Jeff Galloway and the IMT Des Moines Marathon encourage you to consult your personal physician, physical therapist or personal trainer for medical questions and advice specific to your abilities, goals and objectives.



## IMT Des Moines Marathon Half Marathon Training Schedule by Olympian Jeff Galloway

<b>Week 1</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 3 miles
<b>Week 2</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
<b>Week 3</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 4 miles
<b>Week 4</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
<b>Week 5</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 5 miles
<b>Week 6</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
<b>Week 7</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 6 miles
<b>Week 8</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
<b>Week 9</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 7 miles
<b>Week 10</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
<b>Week 11</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 8.5 miles
<b>Week 12</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
<b>Week 13</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 10 miles
<b>Week 14</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
<b>Week 15</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 12 miles
<b>Week 16</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
<b>Week 17</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 14 miles
<b>Week 18</b>	Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
<b>Week 19</b>	Tuesday 30 minutes, Thursday 30 minutes, Sunday race day!
<b>Post-Race</b>	Then, enjoy the accomplishment with 30 minutes every other day.