



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 exhaustion. You Can Do It! Jeff Galloway

HERE'S HOW ...

THREE DAYS A WEEK In my book GALLOWAY TRAINING PROGRAMS (available at www.JeffGalloway.com), you'll find backup 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. 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 to 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, run at a comfortable pace for 4 laps, or use your GPS to measure one mile. Start at your normal running pace. It is OK to huff and puff a little during the last quarter mile, but the breathing should not be out of control.

Then go to 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 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 the 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.

18 minute/mile	Run 5 seconds/walk 30 seconds or 7-second run/30 second walk
17 minute/mile	Run 7-10 seconds/walk 30 seconds
16 minute/mile	Run 10 seconds/walk 30 seconds
15 minute/mile	Run 15 seconds/walk 30 seconds
13-14 minute/mile	Run 30 seconds/walk 30 seconds, or 20/20, or 15/15
11-12 minute/mile	Run 60 seconds/walk 30 seconds, or 45/30, or 30/30
10 minute/mile	Run 90 seconds/walk 30 seconds, or 60/30
9 minute/mile	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 before and after a long one. On the other non-running days, you can 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 more extended 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 two 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 physician, physical therapist, or personal trainer for medical questions and advice specific to your abilities goals, and objectives.



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