



IMT Des Moines Marathon Marathon Training by Olympian Jeff Galloway

The most significant benefit from training and finishing a marathon is the personal empowerment that can last for a lifetime. Most runners have the mistaken impression that marathon training produces pain and injury. But with the right balance of run days and recovery and the right strategy of walk breaks, you can run injury-free, enjoy the training journey and celebrate with friends/family right after the race.

I'll be running and celebrating with you on race weekend. 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 The schedule below is the minimum needed to finish. Time goal programs can be found in MARATHON—YOU CAN DO IT and BOSTON—HOW TO QUALIFY, also 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 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. The endurance workout is the primary training component in a marathon program.

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 fast or slow long run, but the faster-paced long runs cause more injuries.



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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 13 minutes faster in a 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.

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 or walk as you wish for the next 5-10 minutes.



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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 two weeks. You can walk the entire distance of these long workouts listed on the schedule and get all of the endurance. So, if you need to catch up with the schedule—walk as much of the long one as you wish.

This 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.

- Week 1** Tuesday 30 minutes, Thursday 30 minutes, Saturday 3 miles (walk OK)
- Week 2** Tuesday 30 minutes, Thursday 30 minutes, Saturday 4.5 miles
- Week 3** Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
- Week 4** Tuesday 30 minutes, Thursday 30 minutes, Saturday 6 miles
- Week 5** Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
- Week 6** Tuesday 30 minutes, Thursday 30 minutes, Saturday 8 miles
- Week 7** Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
- Week 8** Tuesday 30 minutes, Thursday 30 minutes, Saturday 10 miles
- Week 9** Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
- Week 10** Tuesday 30 minutes, Thursday 30 minutes, Saturday 12.5 miles
- Week 11** Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
- Week 12** Tuesday 30 minutes, Thursday 30 minutes, Saturday 15 miles
- Week 13** Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
- Week 14** Tuesday 30 minutes, Thursday 30 minutes, Saturday 18 miles
- Week 15** Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes



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- Week 16** Tuesday 30 minutes, Thursday 30 minutes, Saturday 20 miles
- Week 17** Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
- Week 18** Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
- Week 19** Tuesday 30 minutes, Thursday 30 minutes, Saturday 23 miles
- Week 20** Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
- Week 21** Tuesday 30 minutes, Thursday 30 minutes, Saturday 20 miles, 30 minutes
- Week 22** Tuesday 30 minutes, Thursday 30 minutes, Saturday 26 miles
- Week 23** Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
- Week 24** Tuesday 30 minutes, Thursday 30 minutes, Saturday 30 minutes
- Week 25** Tuesday 30 minutes, Thursday 30 minutes, Sunday race day!
- Post-Race** Then, enjoy the accomplishment with 30 minutes every other day.