runDisney

10K

TRAINING PROGRAM

For Beginners, Comeback Runners,
Or Non-Time-Goal Runners Who Enjoy The Races

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Almost anyone can get in shape for a *run*Disney® race with this program. The long workouts, every 7-14 days, gradually increase and prepare you to "go the distance". In between these endurance builders, you only need to do gentle 30 minute workouts, every other day.

- You can't go too slowly on the long ones—and can even walk the entire distance. As you increase the length of the long ones, you push back your endurance barriers so that on race day you can keep going to the finish. The only goal for each long workout is simply to finish.

- No huffing and puffing! On long runs, you want to be able to carry on a conversation throughout the run—even at the end. If you're breathing hard at the end of a long one, you need to adjust to a slower pace with more walk breaks from the beginning of the next one.

- 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 feet move naturally. Most runners land on the heel and gently roll off—but let your feet gently move along in their normal range of motion.

- Walking form: walk with a gentle stride, that is relatively short. Power walking and walking with a long stride increase injury risk.

- The cadence drill (CD) can help you run more efficiently and faster. See the section on the CD (for walking and for running) in the "Standard Warmup" section below.

- Slow down in the heat! Surveys have shown that runners tend to slow down a minute per mile when the temperature is 70F, and an additional minute per mile at 80F (compared with 60F or below). 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.

Long run pace should be at least 2 min/mi slower than current half marathon race pace, predicted by the Magic Mile (noted in the information below). Even if you are running another race distance, use the half marathon as your guide to determine long run pace. Sixteen minutes per mile is the pace you will need to run in the race to stay ahead of the course closing time.

RUN WALK RUN®—Significantly reduces fatigue and can keep you injury-free

My method has allowed thousands of beginners to finish all of the *run*Disney events. By inserting a walk break from the beginning of the workout, and continuing to walk according to a plan, there is no need to experience extra fatigue, pain, or injuries.

The run-walk-run ratio should correspond to the pace used. If you are just starting to run, try a strategy of (run 5 seconds/walk 55 seconds). If this is too easy, use (10 sec run/50 sec walk) for all runs during the first 2 weeks. On long runs, you can continue to use either 5/55 or 10/50—or walk. Those who have done regular running in the past can shift to the Experienced Runner

Program after 3-4 weeks if all is going well.

Here are suggested strategies by pace. Note: it is always OK to walk more frequently than listed.

PACE STRATEGY Using run walk run®
(running segment is first)
9:00 min/mi: run 2 min/walk 30 sec
9:30 -10:45 min/mi: 90/30
10:45 -12:15 min/mi: 60/30
12:15 -14:15 min/mi: 30/30
14:30 -15:45 min/mi: 15/30
15:30 -17:00 min/mi: 10/30
17:00 -18:30 min/mi: 8/30
18:30 - 20:00 min/mi: 5/30

On the non running days you can do little or no exercise or engage in cross training such as swimming, cycling, aquajogging, rowing, etc. Don't do exercises that tire the legs—such as stair workouts or weight work on the legs.

Standard warmup: walk for 3-5 minutes, then, run for a few seconds and walk for a minute for 5 minutes. Then, gradually increase the amount of running, reducing the amount of walking for 5 minutes—until you reach the ratio that feels comfortable for you. Then do 4 cadence drills (CD) for running and 4 for walking—to inject some speed into your running form.

Standard cool down: walk for 10 minutes with a gentle and short stride.

CADENCE DRILL: Here's how to do the CD: Time yourself for 15 or 30 seconds. My Jeff Galloway App has a free download and a free run

walk run timer—telling you when to start the count and when to stop counting. This avoids looking constantly at your watch.

- START—count how many times your left or right foot touches during 15 or 30 seconds.
- WALK for 30-60 seconds to recover
- REPEAT 3 more times—striving to improve the count by 1-2 on each
- ONCE or twice every week can pick up your running and walking speed.
- EASY—this drill is not hard—don't sprint, just touch lighter and get more steps

Race Day Practice: To prepare yourself to stay ahead of the 16 min/mile pace limit, you can practice running the Tuesday and/or Thursday runs at a pace of 15:00 to 15:30 per mile, trying various strategies that could work at that pace range. As you use a variety of run-walk-run strategies, you should find the right ratio for you. A common strategy at this pace is (run 15 sec/walk 30 sec, but some use 10 sec run/30 sec walk, or 10/20). It is OK to huff and puff a little as you increase the portion of running. But if the latter strategies are too tough, drop back to a comfortable ratio and complete the 30 minutes by using whatever ratio you wish. Then try to go faster on another Tuesday or Thursday workout.

Magic Mile (MM):
The "Magic Mile" time trial (MM) is a reality check on your goal pace on race day, and has been the best predictor of your current finish time in the race. It's particularly valuable for those who are worried about

finishing under the race time limit. Here's how it's done:

- Use the standard warmup
- Run around a track if at all possible (or a very accurately measured one mile segment)
- Time yourself for 4 laps (1600 meters). Start the watch at the beginning, and keep it running until you cross the finish at 1.0 miles.
- On the first MM, don't run all-out: run at a pace that is slightly faster than your current gentle 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 run so hard that you hurt your feet, knees, etc. Maintain a short stride, picking up the cadence of your feet to run faster.

After you have run 3 of these MMs (not at one time—on different weekends) you'll see progress and will run them hard enough so that you are huffing and puffing during the second half. Try walking for about 10-30 seconds after each lap or half-lap during the MM. Most beginning runners record a faster time when taking these short breaks.

Predicted Pace in your Race: Take your best current MM time and use the calculator on the Jeff Galloway App (Free download and free run walk run timer). This is the fastest pace you could currently expect to run under ideal conditions per mile in your race—but you would need to really push yourself. Most beginners relax during the first race and run about 1-2 min/mi slower than the predicted time.

Long run pace: should be at least 2.5 minutes per mile slower than the current predicted half marathon pace.

Adjust for temperature on long runs: At 70F, slow the pace by an additional minute per mile. At 80F, slow down another minute per mile.

Be sure to stay hydrated at all times by drinking about 6oz of water or hydration beverage, about every hour you are awake. This is crucial during the two days before race weekend, after the race on race day and the day after.

INJURY-FREE!
Those who follow the training instructions tend to avoid injuries. Here are some tips on gaining control over your aches and pains.

Don't go into denial! If you experience swelling or pain that doesn't go away or gets worse on a run—STOP.

- Take 3-5 days off from running
- Adjust your run walk run® strategy—Each walk break reduces fatigue and allows the "weak links" to recover and avoid abuse.
- If injured area is near the skin, rub a chunk of ice for 15 minutes every night
- If there is joint irritation or continued pain—ask your doctor for advice ASAP
- For more information use my Jeff Galloway App (free download and free run walk run timer).

Note: This training advice is given as one runner to another. For medical questions, ask your doctor.

3-Day Training Week

1. Re-read the Beginner Instruction sheet regularly—it is your reference manual
2. You can walk any of the long workouts. Walking bestows the same endurance as running.

WEEK 1

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	1.5 miles

WEEK 2

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	2 miles

WEEK 3

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	2.5 miles

WEEK 4

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	30 minutes **MM**

WEEK 5

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	3 miles

WEEK 6

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	30 minutes **MM**

WEEK 7

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	3.5 miles

WEEK 8

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	30 minutes **MM**

WEEK 9

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	4.25 miles

WEEK 10

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	30 minutes **MM**

WEEK 11

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	5 miles

WEEK 12

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	30 minutes **MM**

WEEK 13

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	5.75 miles

WEEK 14

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	30 minutes **MM**

WEEK 15

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	6.5 miles

WEEK 16

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	30 minutes

WEEK 17

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	**Race Day**

WEEK 18

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	30 minutes

You can do it!