



runDisney MARATHON

TRAINING PROGRAM

Experienced Runners

(those who have been running consistently for more than 6 months)

Thousands of beginning runners have finished half marathons, with strength, using this program. Only 3 weekly training days are needed: 30 minutes on Tuesday and Thursday, and a longer session on the weekend. For more information, see my book MARATHON at JeffGalloway.com.

Jeff Galloway • US Olympian • runDisney Official Training Consultant

MARATHON TRAINING PROGRAM



EXPERIENCED

The long run is the key to marathon training.

As you increase the distance of these, you push back your endurance barriers and prepare yourself to “go the distance” on race day. You can’t go too slowly on the long runs: your goal is simply to finish each one with strength. Generally, you want to slow down at least 2 minutes per mile slower than you could currently run a marathon.

No huffing and puffing! On long runs, you want to be able to carry on a conversation throughout the run—even at the end. A very slow pace, with liberal walk breaks, will allow almost everyone to feel strong on almost every long one. 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 foot move in its natural way. Most runners naturally land on the heel and gently roll off the midfoot.

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

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

Time limit for the race is 7:00. The per mile pace to reach this goal is 16 min/mi. Don’t worry if your comfortable long run pace is slower than 16 min/mi. Please practice 15:00 to 15:30 per mile pace during the middle of a Tuesday or a Thursday run each week.

Race Day practice. After the standard warmup on a Tuesday and/or a Thursday run each week, time yourself for 2 miles and run a pace that you feel is realistic on race day. If you are concerned about the 16 minutes/mile needed to finish before the closing of the course, practice running at 15-15:30 per mile. During these segments, use a variety of run-walk-run strategies to find the right ratio for you.

By inserting strategic walk breaks from the beginning of long runs, you can significantly reduce fatigue. The run-walk-run ratio should correspond to the pace used. Suggested strategies:

PACE	STRATEGY
	(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

Two “maintenance runs” of 30 minutes each will sustain the conditioning needed. Most commonly, these are done on Tuesday and Thursday. Each runner can choose the pace or the run-walk-run ratio for each of these runs.

It is fine to do cross training on Mon, Wed, and Fri. if you wish. There will be little benefit to your running in doing this, but you’ll increase your fat burning. On the cross training days, don’t do exercises like stair machines that concentrate effort in the calf muscle.



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.

On Tuesday, after the standard warmup, try increasing the running portions. For example, if you are currently running 30 seconds/walking 30 seconds, try a few rotations of run 1 minute/walk 30 seconds. It is okay 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 more comfortable ratio and complete the 30 minutes by using whatever ratio you wish.

On Thursday, after the standard warmup, time yourself for 2 miles. Use a run-walk-run strategy that feels comfortable. Try to run at 15:00 to 15:30 per mile if you suspect that 16 minutes might be a challenge on race day.

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

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



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Sunday - Listed below Tuesday - 30 minutes Thursday - 30 minutes

Schedule begins with Disney Wine & Dine Half Marathon

WEEK 1

SUNDAY	TUESDAY	THURSDAY
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Disney Wine & Dine Half Marathon - 17 miles (walking before and after)

30 minutes

30 minutes

WEEK 2

SUNDAY	TUESDAY	THURSDAY
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3 miles

30 minutes

30 minutes

WEEK 3

SUNDAY	TUESDAY	THURSDAY
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21 miles (walk first 3-4 miles)

30 minutes

30 minutes

WEEK 4

SUNDAY	TUESDAY	THURSDAY
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3-5 miles

30 minutes

30 minutes

WEEK 5

SUNDAY	TUESDAY	THURSDAY
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24 miles (walk first 3-7 miles)

30 minutes

30 minutes

WEEK 6

SUNDAY	TUESDAY	THURSDAY
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3-5 miles

30 minutes

30 minutes

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WEEK 7

SUNDAY	TUESDAY	THURSDAY
27 miles	30 minutes	30 minutes

WEEK 9

SUNDAY	TUESDAY	THURSDAY
3-5 miles	30 minutes	30 minutes

WEEK 11

SUNDAY
3 miles

WEEK 8

SUNDAY	TUESDAY	THURSDAY
3-5 miles	30 minutes	30 minutes

WEEK 10

SUNDAY	TUESDAY	THURSDAY
Race Day	30 minutes (walking if needed)	30 minutes