



# FREE: Jeff Galloway 13.1 Training Program

By Olympian Jeff Galloway

**The Galloway Training Program allows you to carry on with your life—no more exhaustion.**

*Jeff Galloway transformed himself from an overweight 13 year old to an Olympian through learning and applying the principles of training. Over more than 40 years, he has coached over a million runners and walkers to their goals through Galloway training programs, retreats, running schools and books. His methods allow those at all fitness levels to enjoy the accomplishment of finishing 13.1 miles with almost no risk of injury.*

- **Enjoy the Journey!** Each run can reduce stress, improve attitude, and enhance vitality for the rest of the day. Follow the principles and you can gain control over your fatigue, your attitude and your enjoyment of exercise. This experience has empowered many to improve the quality of their lives in many other ways.
- **This advice is given as one runner to another.** For medical information, see a doctor.
- **Set a realistic goal.** Use the magic mile (MM) guidelines below for setting a safe pace on long runs. On race day, I recommend running the first 10 miles at training pace. At that point you can either continue at the same pace or speed up as feels comfortable.
- **Goal:** to finish. This is not a time goal program. Those interested in time goals can register for the appropriate training schedule.
- **Count Back!** Schedule each training session. In your appointment book or calendar, write each workout listed below on the appropriate date. My Galloway Training Journal has a year of entries with training tips. - <http://jeff-galloway-e-shop.mybigcommerce.com/jeffs-training-journal-logbook/>
- **Go slowly on long runs!** If you avoid huffing and puffing, you can enjoy the runs as you develop the endurance to go the distance. Insert walk breaks from the beginning and pace yourself at least 3 minutes per mile slower than a recent half marathon (or as predicted by your "MM" listed below). Inserting walk breaks as noted below will also speed recovery. Slow down additionally above 60F (14C): 30 sec per mile for every 5 degree increase above 60F (20 sec/KM slower for each 2C increase above 14C)
- **Stride gently whether walking or running.** Shorter strides are more efficient and reduce aches and pains.
- **Only 3 workouts a week!** The long one on the weekend gradually increases to 14 miles. Two easy runs a week will maintain the adaptations gained during the long runs. For more information on nutrition, form, speed drills, and details on all of the workouts, get my books Half Marathon <http://jeff-galloway-e-shop.mybigcommerce.com/half-marathon-you-can-do-it/or> Galloway Training Programs. <http://jeff-galloway-e-shop.mybigcommerce.com/galloway-training-programs/>
- **If you have not been running, walk the first long run of 2 miles (July 20).** On the maintenance days you can start with 5-10 seconds of jogging every minute and gradually increase as feels comfortable.

- **Use the run-walk-run strategies** listed below on long runs to avoid aches, pains and injuries.
- **Don't push into pain, stop the workout.** If the pain does not go away during an easy walk, the workout should be over.
- **Recruit someone to join you.** Having an exercise partner improves motivation.
- **Cross training** will probably not help you improve your time, but it is fine to do non-pounding cross training on the other days of the week. It's best not to run the day before long runs and before races.
- **Race Rehearsal = RR.** On Tuesday, I suggest a "race rehearsal" (RR) segment, after a mile of slow running and 4 acceleration-gliders (see JeffGalloway.com). Run 3-4 half miles at a realistic race pace (read the "Magic Mile" section), trying various walk break strategies as you time yourself.
- **Walk breaks** reduce injury, speed recovery and allow almost anyone to cover the distance. See the walk break section below.
- **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!** Whether during long runs or races, slow down 30 sec per mile for every 5 degree increase above 60F (20 sec/KM slower for each 2C increase above 14C)
- **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 and try to run before the sun rises above the horizon and pour water over the top of your head.

## **The MAGIC MILE (MM) can help you monitor progress, and set a realistic goal on race day.**

*These should be done on the weeks noted on the schedule. The MM has been the best predictor of current potential and helps to set a realistic training pace. With this information, you can decide how hard to run during various situations. (If you have an injury, don't do the MM.)*

- Warm up for the MM with about 5 minutes of very easy running followed by 5 minutes of run 1-2 min/walk 30 seconds
- Do 4-6 acceleration-gliders as in the book--no sprinting
- Do the MM on a track if at all possible (or a very accurately measured segment)
- Time yourself for 4 laps (or an accurately measured mile). Start the watch at the beginning, and keep it running until you cross the finish of the 4th lap.
- On the first MM, don't run all-out: run at a pace that is only slightly faster than your current training 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 push so hard that you hurt your feet, knees, etc.
- Jog slowly for the rest of the distance assigned on that day, taking as many walk breaks as you wish.
- Compute your current potential in the 13.1 by using the MM predicting performance function at [JeffGalloway.com](http://JeffGalloway.com). The result would be the maximum performance you could expect under ideal conditions on race day. Adjust for non-ideal conditions. I recommend that first time runners in all events run only to finish.
- Suggested Long Run Training pace is at least 3 minutes per mile slower than predicted 13.1 pace. Adjust for heat as noted above.
- After you have run 3 of these MMs (not at one time--on different days) you'll see progress and will run them hard enough so that you are huffing and puffing during the second half.

**Walk breaks can be taken on long runs.** Walk breaks will allow the running body to recover, even as you are increasing distance. By inserting walk breaks from the beginning, you can erase fatigue and recover fast even after a long run. Here are the current strategies that work best for the long run paces listed:

7 min/mi	run 5 min/walk 20 sec
7:30 min/mi	run 5 min/walk 30 sec
8 min/mi	run 4 min/walk 30 seconds
8:30 min/mi	run 4 min/walk 45 sec
9 min/mi	run 4 min/walk 1 min (4-1)
10 min/mi	3-1 or 90/30 or 60/20
11-12 min/mi	2-1 or 40/20 or 60/30
13 min/mi	1-1 or 30/30 or 20/20 or 15/15
14 min/mi	30 sec/30 sec or 20/20 or 15/15
15 min/mi	30 sec run/45 sec walk or 10/20 or 15/30
16 min/mi	20 sec run/40 sec walk or 10/20 or 15/30
17 min/mi	15 sec run/45 sec walk or 10/30
18 min/mi	10 sec run/50 sec walk or 10/40

*Note: There is a Run-Walk-Run timer (\$20) which signals when to run and when to walk ([www.JeffGalloway.com](http://www.JeffGalloway.com))*

# Half Marathon Training Schedule—Beginning Runners

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**Three Day Training Week:**

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Tuesday	30 minutes
Thursday	30 minutes
Saturday	Listed below

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July 20	2 miles—including a “magic mile” (just to get a time, avoid huffing and puffing)
July 27	3 miles
Aug 3	2 miles
Aug 10	4 miles
Aug 17	3 miles
Aug 24	5 miles
Aug 31	3 miles
Sept 7	6 miles
Sept 14	3 miles
Sept 21	7 miles
Sept 28	3 miles
Oct 5	8 miles
Oct 12	3 miles (with “magic mile”)
Oct 19	9.5 miles
Oct 26	3 miles (with “magic mile”)
Nov 2	11 miles
Nov 9	3 miles (with “magic mile”)
Nov 16	12.5 miles
Nov 23	3 miles (with “magic mile”)
Nov 30	14 miles
Dec 7	3 miles
Dec 14	JEFF GALLOWAY 13.1
Dec 21	3 miles

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