



10 MILE

TRAINING PROGRAM

This program is designed for those who are already running, and want to step up to the 10 mile distance. Only 3 weekly training days are needed: 30 minutes on Tuesday and Thursday, and a longer session on the weekend. On half of the weekends, most runners will be running and walking for an hour or less. For more information, see my book GALLOWAY TRAINING PROGRAMS at www.JeffGalloway.com.

Jeff Galloway • US Olympian • runDisney Official Training Consultant

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With my run-walk-run® method, it's possible to train for and finish a 10 mile race without aches, pains and exhaustion. Here's How:

THREE DAYS A WEEK: In my e-book GALLOWAY TRAINING PROGRAMS (available at JeffGalloway.com) you'll find back up information for the schedule below. Only three workout days are needed, weekly: 30-40 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 are listed separately. You can always run slower and take more walk breaks on long runs. The pace of the shorter runs can be as you wish but one should practice run walk run strategies on at least one 30-40 minute workout day a week, at about 15 min/mile. This helps you find the strategy for raceday that can keep you on pace.

NOTE: In the race you will need to maintain a 16 min/mi pace.

THE LONG RUN IS THE KEY TO 10 MILE

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 so that you can deliver blood better to the exercising muscles, and withdraw the waste more effectively.

USE THE "MAGIC MILE" TO MONITOR CONDITIONING AND SET PACE FOR

LONG RUNS: I've developed a simple test (THE "MAGIC MILE" or MM) to determine your pace for the long run. Go to a track and run at a comfortable pace for 4 laps, or use your GPS device to measure one mile. Start at your normal running pace. During the last quarter mile it is okay to huff and puff a little—but the breathing should not be out of control.

Then go to 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.

NOTE: You can walk any amount of the long run—the entire distance if needed.

RUN-WALK-RUN®: This method has virtually eliminated injury for hundreds of thousands of runners. Surveys also show that former non-stop runners tend to 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 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 min/mi—Run 5 sec/walk 30 sec, or 7 sec run/30 sec walk
17 min/mi—Run 7-10 sec/walk 30 sec
16 min/mi—Run 10 sec/walk 30 sec
15 min/mi—Run 15 sec/walk 30 sec
13-14 min/mi—Run 30 sec/walk 30 sec or 20/20 or 15/15
11-12 min/mi—Run 60 sec run/30 sec walk or 45/30 or 30/30
10 min/mi—Run 90 sec/walk 30 sec or 60/30
9 min/mi—Run 2 min/walk 30 sec or 90 sec/30 sec walk.

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 slow if you are still recovering from the weekend long workouts.

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 the day before and after a long one.

On the other non-running days, you can do any exercise that does not fatigue the calf muscle. So walking, swimming, cycling, elliptical, and rowing are 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 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 2 weeks. You can walk the entire distance of these long workouts listed on the schedule and get all of the endurance.

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The Schedule

Tuesday - 30 minutes

Thursday - 30 minutes

Saturday - Listed below

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

One can walk as much as desired on each long weekend.

NOTE: Assumes that participant has done at least a 3.5 mile walk or run within 3 weeks of start of schedule.

WEEK 1

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	4 miles

WEEK 2

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	30 minutes

WEEK 3

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	5 miles

WEEK 4

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	30 minutes

WEEK 5

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	6.5 miles

WEEK 6

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	30 minutes

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WEEK 7

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	8 miles

WEEK 9

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	9.5 miles

WEEK 11

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	11 miles

WEEK 13

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	10 Mile Race

WEEK 8

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	30 minutes

WEEK 10

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	30 minutes

WEEK 12

TUESDAY	THURSDAY	SATURDAY
30 minutes	30 minutes	30 minutes