

JEFF GALLOWAY



Galloway's Half Marathon Training

**Use the Run Walk Run® Method
to Finish Every Race Strong**

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& MEYER
SPORT

The content of this book was carefully researched. However, readers should always consult a qualified medical specialist for individual advice before adopting any new exercise plan. This book should not be used as an alternative to seeking specialist medical advice.

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Chapter 1

WHY HAS THE HALF MARATHON BECOME SO POPULAR?

Even after a difficult 13.1 mile (21K) race, runners can usually celebrate that evening

Beginners who yearn to run a marathon see this distance as the first big step

Marathoners find that the “half” keeps them in shape for their next “full”

The distance is enough of a challenge to keep runners focused and energized

Increasing long runs toward a half marathon race results in faster times at 5K, 10K, etc.

After studying findings of experts who specialize in ancient man, I’ve come to believe that training for long-distance events connects us directly to our roots. Primitive man had to walk and run for survival—thousands of miles a year. Through millions of years of evolution, the muscles, tendons, bones, energy systems and cardiovascular capacity adapted and expanded. A series of psychological rewards also developed, which make us feel good about ourselves when we run and walk at the correct pace in a consistent training program.

The primary goal of ancient migration was to reach the next destination. Likewise, the greatest joy for half marathoners comes in crossing the finish line. The perception among those who've run both marathons and half marathons is that running the "half" bestows more than half of the satisfaction and achievement of the "full".

There are quite a few lessons to be learned as one extends one's endurance limit beyond 13 miles or 21K: conservation of resources, pacing, fluid intake, blood sugar maintenance, etc. But making a mistake during "half" training does not incur the injury risk or the downtime experienced after marathon errors.

Veterans who've run the distance before will find in this book a series of highly successful training programs, based upon the time goal. You'll be introduced to other training components that will make the journey more interesting. Be careful if you're a veteran doing speed workouts: most of the injuries occur here. It is always best to be conservative.

If you find a way to enjoy a part of every run, your half marathon training can bring joy, satisfaction, achievement, and a positive sense of focus. For many, the challenge teaches individuals that they have unused hidden resources that can be used to deal with other challenges in life. Much of the success and joy comes from a unique endurance blending of body, mind and spirit.

Above all, you will find tools inside this book to take control over your fitness, your attitude, your endurance, your fatigue, your aches/pains, and your vitality. When you use these tools, you become the captain of an injury-free ship and can steer toward a number of positive experiences.

This book is written as one runner to another and is the result of more than 50 years of running, more than four decades of training for half and full marathons, and from having been the “coach” to more than 500,000 runners through my e-coaching, running schools, retreats, books, and individual consultations. None of the advice inside is offered as medical advice. To get help in this area, see a doctor or appropriate medical expert.

I salute all who put themselves to a realistic challenge. If you haven't done this before, you have one of life's great rewards waiting for you as you discover that you have much more strength inside than you envisioned.



Chapter 2

SETTING GOALS AND PRIORITIES

By focusing on a few key elements, you have the opportunity to take control over the enjoyment of the running experience. If you're preparing for your first 21K race, I recommend that you choose the "to finish" schedule, and run slower on every run than you could run on that day. Even after the 20th or 100th race, you're more likely to remember the details of your first one. Your mission, therefore, should be to weave the training runs, and the race itself, into a positive tapestry of memories that will enrich the rest of your life.

TOP 3 GOALS FOR FIRST TIME HALF MARATHON RUNNERS

- 1. Finish in the upright position,**
- 2. with a smile on your face, and**
- 3. wanting to do it again.**

These three components define the first level of success in any training program, and the degree of enjoyment of each long run. If this is your first race experience at the 13.1 distance, visualize yourself coming across the finish line, demonstrating these three behaviors. The more you focus

on this image, the more likely you are to realize this during most of your runs.

RUNNING ENJOYMENT

Find a way to enjoy parts of every run—even the speed training (if you are a time goal runner). Most of your runs should be....mostly enjoyable. You increase the pleasure of each run by inserting a few social/scenic/mentally refreshing runs every week. Your desire to take your next run, and move up your training to the half marathon and beyond, is enhanced by scheduling the fun sessions first, with one to three of them every week.

STAY INJURY FREE

When injured runners review their journal, they often find the causes of aches and pains. Make a list of past problems, and repeated challenges. After reading the injury section of this book, make the needed adjustments. As you eliminate the injury stress, you can eliminate most (or all) of your injuries.

AVOIDING OVERUSE OR BURNOUT

All of us get the warning signs of overtraining. Unfortunately, we often ignore these or don't know what they are. Your training journal is a wonderful tool for tracking any possible ache, pain, loss of desire, unusual fatigue that lingers, etc. If you develop an injury, you can review your journal and often find the reasons. This helps you to become more sensitive to future problems and make

conservative adjustments in the plan to reduce upcoming injury risk.

BECOME THE CAPTAIN OF YOUR SHIP

When you balance stress and rest, running bestows a sense of satisfaction and achievement that is unsurpassed. Intuitively, we know that this is good for us, mentally and physically. When we decide to use the monitoring tools in this book we take a major amount of control over fatigue, injuries, energy level, and enjoyment of running.

WHEN TO SET A TIME GOAL

After finishing your first half marathon you may choose a time goal, after reading the “Predicting Race Performance” chapter. Many veterans (myself included) decide to stay within their capabilities, use the “to finish” schedule, and enjoy the experience.

I commend all who decide to take on an endurance challenge. Almost everyone who makes it to the finish line will tap into a mysterious and complex source of continuing strength and balance: the human spirit. Enjoy the journey!



Chapter 3

IMPORTANT HEALTH INFORMATION

MEDICAL CHECK

Check with your doctor's office before you start a strenuous training program. Keep the doctor informed of cardiovascular system irregularities or aches and pains that could be injuries. At first, just tell your physician or head nurse how much running you plan to be doing over the next year. Almost every person will be given the green light. If your doctor tells you not to run, ask why.

Since there are so few people who cannot train even for strenuous goals (if they use a liberal run walk run formula), I suggest that you get a second opinion if your doctor tells you not to run. Certainly the tiny number of people who should not run have good reasons. But the best medical advisor is one who wants you to get the type of physical activity that engages you-unless there are significant reasons not to do so.

RISKS: HEART DISEASE, LUNG INFECTIONS, SPEEDWORK INJURIES

Running tends to bestow a protective effect from cardiovascular disease. But more runners die of heart

disease than any other cause, and are susceptible to the same risk factors as sedentary people. Like most other people, runners at risk usually don't realize it. I know of a number of runners who have suffered heart attacks and strokes who probably could have prevented them if they had taken a few simple tests. Some of these are listed below, but check with your doctor if you have any questions or concerns.

Your heart is the most important organ in your body. This short section is offered as a guide to help you take charge over your cardiovascular health to maintain a high level of fitness in the most important organ for longevity and quality of life. As always, you need to get advice about your individual situation from a cardiologist who knows you and specializes in this area.

Note: The information in this book is offered as advice from one runner to another, and is not meant to be medical advice. Having a doctor/advisor will not only help you through some problems more quickly, but contact with a responsive and supportive medical advisor will improve confidence and motivation, while reducing anxiety.

Risk Factors: Get checked IF you have two of these-or one that is serious

Family history

Family history of cardiovascular problems

Poor lifestyle habits earlier in life (alcohol, drugs, poor diet, etc.)

High fat/high cholesterol diet

Have smoked-or still smoke
Obese or severely overweight
High blood pressure
High cholesterol

Tests

Stress test-heart is monitored during a run that gradually increases in difficulty.

C-reactive protein-has been an indicator of increased risk.

Heart scan-an electronic scan of the heart which shows calcification, and possible narrowing of arteries.

Radioactive dye test-very effective in locating specific blockages. Talk to your doctor about this.

Carotid ultrasound test-helps to tell if you're at risk for stroke.

Ankle-brachial test-can detect plaque buildup in arteries throughout the body.

None of these are foolproof. But by working with your cardiologist, you can increase your chance of living until the muscles just won't propel you farther down the road-maybe beyond the age of 100.

SHOULD I RUN WHEN I HAVE A COLD?

There are so many individual health issues with a cold that you must talk with a doctor before you exercise when you

have an infection.

Lung infection-don't run! A virus in the lungs can move into the heart and kill you. Lung infections are usually indicated by coughing.

Common cold? There are many infections that initially indicate a normal cold but are much more serious. At least call your doctor's office to get clearance before running. Be sure to explain how much you are running, and what, if any medication you are taking.

Infections of the throat and above the neck—most runners will be given the OK, but check with the doc.

RISK OF SPEED

There is an increased risk of both injuries and cardiovascular events during speed sessions. Be sure to get your doctor's OK before beginning a speed program. The advice inside this book is generally conservative, but when in doubt, take more rest, more days off, and run slower. In other words...be more conservative.



Chapter 4

PRACTICAL INFORMATION ON SHOES, EQUIPMENT, AND MORE

One of the wonderful aspects of running, in a complex world, is the simplicity of the experience. You can run from your house or office in most cases, using public streets or pedestrian walkways. Ordinary clothing works well most of the time and you don't need to join a country club or invest in expensive exercise equipment.

While running with another person can be motivating, most runners enjoy running alone on most of their runs. It helps, however, to have a “support team” as you go through the training (running companions, doctors, running shoe experts). You'll probably meet these folks through the running grapevine.

CONVENIENCE

If you have an option near home and office for each of the training components listed above, you will be more likely to do the workouts on your schedule—when you need to do them.

SHOES, THE PRIMARY INVESTMENT