

Half Marathon — Time Goal for Runners

This is the minimum recommended to prepare for your goal. If you are already running more than this amount and are able to recover between workouts, you may continue to do what you are doing—but be careful..

1. It is not recommend that first-time half marathoners try for a time goal. Run the first one to finish, running mostly at a comfortable training pace.
2. To begin this program, you should have done a long run within the past 2 weeks of at least 5 miles. If your long one is not this long, gradually increase the weekend run to this distance before starting this program.
3. **What is my current level of performance?** After you have run 3 to 4 “magic miles” (MM), multiply by 1.2. This tells you what you are currently capable of running in a half marathon right now (at a very hard effort), when the temperature is 60° F or below and when you have done the long runs and speed training listed in the schedule.
4. **What pace should I run on the long ones?** Take your MM time and multiply by 1.3. Then add 2 minutes. The result is your suggested long run pace per mile on long runs at 60° F or cooler. It is always better to run slower than this pace.
5. Pace the long one so that you aren’t huffing and puffing—even at the end.
6. When the temperature rises above 60° F: Slow down by 30 seconds a mile for every 5 degrees above 60° F on long runs and the race itself.
7. Run/Walk/Run ratio should correspond to the pace used.

8 min. / mi	4 min. run / 30 sec. walk
9 min. / mi	3 min. run / 30 sec. walk
10 min. / mi	90 sec. run / 30 sec. walk
11 min. / mi	60 sec. run / 30 sec. walk
12 min. / mi	60 sec. run / 30 sec. walk
13 min. / mi	30 sec. run / 30 sec. walk
14 min. / mi	30 sec. run / 30 sec. walk
15 min. / mi	15 sec. run / 30 sec. walk
16 min. / mi	10 sec. run / 30 sec. walk
8. It is fine to do cross training on Monday, Wednesday and Friday if you wish. There will be little benefit to your running in doing this, but you’ll increase your fat-burning potential. Don’t do exercises like stair machines that use the calf muscle on non-running days.



9. Be sure to take a vacation from strenuous exercise on the day before your weekend runs.
10. At the beginning of the program, after you have run 2 MMs, you can choose a goal that is as fast as 30 seconds per mile faster than predicted by the process indicated in # 3 or any goal that is slower than this.
11. To prepare for your goal, 800-meter speedwork is included on non-long-run weekends. To compute your pace for the 800-meter (2 laps around a track), take half the time of your goal pace per mile, as you decided according to #10 above, and subtract 15 seconds.
12. Warm up for each 800-meter repeat workout by walking for 5 minutes, then jogging very slowly for 5-10 minutes. Then do 4-8 acceleration-gliders. Reverse this process as your warm down, leaving out the acceleration gliders.



13. Walk 2:30 to 3 minutes between each 800-meter repeat.
14. At the end of the first lap, walk for 10-30 seconds—but don't stop your stopwatch. The time for each 800 should be from the start until you finish the second lap.
15. If you have recovered from the weekend workout on Tuesday, run a mile at race pace (noted as "p" on the Tue line). After an easy warmup, run 4 of the cadence drills (CD) and 4 acceleration-gliders (Acg). Then run a mile segment at goal pace, taking the walk breaks as you plan to do them in the race. Jog for the rest of your run.
16. On long runs and the race itself, slow down when the temperature rises above 60° F: by 30 seconds a mile for every 5 degrees above 60° F or more.
17. It is fine to do cross training on Monday, Wednesday and Friday if you wish. There will be little benefit to your running in doing this, but you'll increase your fatburning potential. Don't do exercises like stair machines that use the calf muscle on non-running days.
18. Be sure to take a vacation from strenuous exercise on the day before your weekend runs.
19. Have fun!

Information by Jeff Galloway Training

Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		(CD/ACG/P)					
1	off	30 min. run	off	30 min. run	easy walk	off	5 miles
2	off	35 min. run / MM	off	35 min. run	easy walk	off	6 miles
3	off	35 min. run	off	35 min. run	easy walk	off	7.5 miles
4	off	45 min. run / MM	off	40 min. run	easy walk	off	4 x 800
5	off	45 min. run	off	40 min. run	easy walk	off	9 miles
6	off	45 min. run / MM	off	45 min. run	easy walk	off	6 x 800
7	off	45 min. run	off	45 min. run	easy walk	off	11 miles
8	off	45 min. run / MM	off	45 min. run	easy walk	off	8 x 800
9	off	45 min. run	off	45 min. run	easy walk	off	13 miles
10	off	45 min. run	off	45 min. run	easy walk	off	10 x 800
11	off	45 min. run	off	45 min. run	easy walk	off	15 miles
12	off	45 min. run	off	45 min. run	easy walk	off	12 x 800
13	off	45 min. run	off	45 min. run	easy walk	off	17 miles
14	off	45 min. run	off	45 min. run	easy walk	off	Easy 5 miles/MM
15	off	45 min. run	off	45 min. run	easy walk	off	Goal Half Race
16	off	45 min. run	off	45 min. run	easy walk	off	4 miles
17	off	45 min. run	off	45 min. run	easy walk	off	6-12 miles