

Marathon To Finish—for runners and walkers

How to Train for Marathon by Jeff Galloway

<http://www.jeffgalloway.com/training/marathon.html>

This program is designed for those who have been doing some running or walking for a few weeks. If you think that you need more conditioning before starting the program, use the “[conditioning program](#)”.

8 Week Conditioning Program (for those who need a little more fitness before the half or full marathon training program begins)

Note: if you need several weeks at each run/walk ratio level, take it. This pre-conditioning training should not be stressful or painful. When in doubt, ease off.

- Week 1 (walkers will walk only, runners will run for 5 seconds/walk for 55 seconds on the run/walk days)
Mon: 10 min run/walk
Tues: 15 min walk
Wed: 13 min run/walk
Thurs: 18 min walk
Fri: off
Sat: 1 mile run/walk
Sun: off/walk
- Week 2 (walkers will walk only, runners will run for 5 seconds/walk for 55 seconds on the run/walk days)
Mon: 15 min run/walk
Tues: 20 min walk
Wed: 17 min run/walk
Thurs: 22 min walk
Fri: off
Sat: 1.25 mi run/walk
Sun: off/walk
- Week 3 (walkers will walk only, runners will run for 10 seconds/walk for 50 seconds on the run/walk days)
Mon: 19 min run/walk
Tues: 24 min walk
Wed: 21 min run/walk
Thurs: 26 min walk
Fri: off
Sat: 1.5 mi run/walk
Sun: off/walk
- Week 4 (walkers will walk only, runners will run for 10 seconds/walk for 50 seconds on the run/walk days)
Mon: 23 min run/walk
Tues: Walk 28 min

- Wed: 25 min run/walk
 Thurs: Walk 30 min
 Fri: off
 Sat: 1.75 mi run/walk
 Sun: off/walk
- Week 5 (walkers will walk only, runners will run for 10 seconds/walk for 50 seconds on the run/walk days)
 Mon: 27 min run/walk
 Tues: Walk 30 min
 Wed: 29 min run/walk
 Thurs: Walk 30 min
 Fri: off
 Sat: 2 mi run/walk
 Sun: off/walk
 - Week 6 (walkers will walk only, runners will run for 15 seconds/walk for 45 seconds on the run/walk days)
 Mon: 30 min run/walk
 Tues: Walk 30 min
 Wed: 30 min run/walk
 Thurs: Walk 30 min
 Fri: off
 Sat: 2.25 mi run/walk
 Sun: off/walk
 - Week 7 (walkers will walk only, runners will run for 15 seconds/walk for 45 seconds on the run/walk days)
 Mon: 30 min run/walk
 Tues: walk 30 min
 Wed: 30 min run/walk
 Thurs: Walk 30 min
 Fri: off
 Sat: 2.5 mi run/walk
 Sun: off/walk
 - Week 8 (walkers will walk only, runners will run for 15 seconds/walk for 45 seconds on the run/walk days)
 Mon: 30 min run/walk
 Tues: walk 30 min
 Wed: 30 min run/walk
 Thurs: Walk 30 min
 Fri: off
 Sat: 2.75 mi run/walk
 Sun: off/walk

Note: This is the minimum that I've found necessary to finish with strength. If you are already running/walking more than this amount and are able to recover between workouts, you may continue to do what you are doing—but be careful.

1. I don't recommend that first-time marathon participants try for a time goal. Do the first one to finish, running/walking at a comfortable training pace.
2. To begin this program, you should have done a long run/walk within the past 2 weeks of at least 3 miles. If your long one is not this long, gradually increase the weekend run/walk to this distance before starting this program.
3. (Runners) What is my current level of performance? Read the chapter in this book on "Choosing The Right Goal...". After you have run 3-4 "magic miles" (MM), multiply by 1.3. This tells you what you are currently capable of running in a marathon right now (at a very hard effort), when the temperature is 60° F or below and when you have done the long runs listed in the schedule. Even in the marathon itself, I don't recommend running this fast—run at the training pace that was comfortable for you on your last long runs.
4. (Runners) 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. Walkers and runners should pace the long one so there's no huffing and puffing—even at the end.
6. When the temperature rises above 60° F: runners should slow down by 30 seconds a mile for every 5 degrees above 60° F on long runs and the race itself. Walkers, slow down enough to avoid huffing and puffing.
7. Run-walk-run ratio should correspond to the pace used (Runners).
 - 8 min/mi—run 4 min/walk 35 seconds
 - 9 min/mi— 4 min run-1 min walk
 - 10 min/mi—3:1
 - 11 min/mi—2:30-1
 - 12 min/mi—2:1
 - 13 min/mi—1:1
 - 14 min/mi—30 sec run/30 sec walk
 - 15 min/mi—30 sec/45 sec
 - 16 min/mi—30 sec/60 sec
8. Walkers—se the walk-shuffle ratio that works for you to avoid huffing and puffing
9. It is fine to do cross training on Monday, Wednesday and Friday if you wish. There will be little benefit to your running/walking in doing this, but you'll increase your fatburning potential. Don't do exercises like stair machines that use the calf muscle on cross training days.

10. Be sure to take a vacation from strenuous exercise on the day before your weekend runs/walks.

11. Have fun!

To Finish - for runners and walkers

Week	Monday	Tuesday	Wednesday	Thursday (p)	Friday	Saturday	Sunday
1	off	30 min run	off	30 min run	easy walk off		3 miles
2	off	30 min run	off	30 min run	easy walk off		4 miles
3	off	30 min run	off	30 min run	easy walk off		5 miles
4	off	30 min run	off	30 min run	easy walk off		2.5 miles/MM
5	off	30 min run	off	30 min run	easy walk off		6 miles
6	off	30 min run	off	30 min run	easy walk off		3 miles
7	off	30 min run	off	30 min run	easy walk off		7.5 miles
8	off	30 min run	off	30 min run	easy walk off		3 miles/MM
9	off	30 min run	off	30 min run	easy walk off		9 miles
10	off	30 min run	off	30 min run	easy walk off		4 miles
11	off	30 min run	off	30 min run	easy walk off		10.5 miles
12	off	30 min run	off	30 min run	easy walk off		4 miles/MM
13	off	30 min run	off	30 min run	easy walk off		12 miles
14	off	30 min run	off	30 min run	easy walk off		4 miles
15	off	30 min run	off	30 min run	easy walk off		14 miles
16	off	30 min run	off	30 min run	easy walk off		5 miles/MM
17	off	30 min run	off	30 min run	easy walk off		17 miles
18	off	30 min run	off	30 min run	easy walk off		5 miles
19	off	30 min run	off	30 min run	easy walk off		6 miles/MM
20	off	30 min run	off	30 min run	easy walk off		20 miles
21	off	30 min run	of	30 min run	easy walk off		6 miles
22	off	30 min run	off	30 min run	easy walk off		6 miles/MM
23	off	30 min run	off	30 min run	easy walk off		23 miles
24	off	30 min run	off	30 min run	easy walk off		6 miles
25	off	30 min run	off	30 min run	easy walk off		7 miles
26	off	30 min run	off	30 min run	easy walk off		26 miles
27	off	30 min run	off	30 min run	easy walk off		7 miles
28	off	30 min run	off	30 min run	easy walk off		6 miles
29	off	30 min run	off	30 min run	easy walk off		7 miles
30	off	30 min run	off	30 min run	easy walk off		MARATHON
31	off	30 min run	off	30 min run	easy walk off		7 miles
32	off	30 min run	off	30 min run	easy walk off		6 miles

