



BERMUDA TRIANGLE CHALLENGE

1 MILE | 10K | HALF/FULL MARATHON



“Advanced” 10K TRAINING PLAN

Jeff Galloway’s Training Plans incorporate walk breaks to allow virtually anyone to complete a distance event.

For more information on training, get Jeff’s books from www.JeffGalloway.com. YEAR ROUND PLAN & HALF MARATHON GUIDE FOR WOMEN are highly recommended for those new to running or interested in improving their running, but many other titles are available. Please also consider inexpensive coaching via Galloway Customized Training or direct e-coaching from Jeff. More information is available at www.JeffGalloway.com/galloway-coaching or by contacting Chris@Jeffgalloway.com.

Run-Walk-Run (R-W-R): Jeff Galloway’s method has allowed hundreds of thousands of beginners to finish 10K races and longer distances. By inserting a walk break from the beginning of the workout, and continuing to walk according to a plan, there is no need to experience extra fatigue, pain, or injuries. A standard pattern for those who are taking their first running steps is to run for 5-10 seconds and walk for the rest of the minute. If all goes well, you could increase during the third week to 10-20 seconds of running, walking for the rest of the minute. On the 5th week, increase to 20-30 seconds of running while walking for the rest of the minute—if all is well. If you are huffing and puffing, experiencing aches and pains, or struggling in any way, drop back to more walking, such as 10 or 5 seconds each minute.

R-W-R Strategy for those already running: The amount of running and walking is adjusted for the pace per mile. Beginning runners should continue running 10-20 seconds every minute for most of the long runs. Those who have been running for at least 3 months could use the following as a guide:

| | |
|---|--|
| 18 min/mi (11 min/km): run 5 sec/walk 30 sec | 12 min/mi: run 60 sec/walk 30 sec |
| 17 min/mi: run 10 sec/walk 30 sec | 11 min/mi (7 min/km): run 60 sec/walk 30 sec |
| 16 min/mi (10 min/km): run 10 sec/walk 30 sec | 10 min/mi (6 min/km): run 90 sec/walk 30 sec |
| 15 min/mi (9 min/km): run 15 sec/walk 30 sec | 9 min/mi: run 2 min/walk 30 sec |
| 14 min/mi: run 30 sec/walk 30 sec | 8 min/mi (5 min/km): run 4 min/walk 30 sec |
| 13 min/mi (8 min/km): run 30 sec/walk 30 sec | 7 min/mi (4 min/km): run 6 min/walk 30 sec |

Magic Mile: On short run weekends as indicated, run a timed mile (after a gentle warm-up) using the run/walk strategy you like best. Use the calculator at JeffGalloway.com/training/magic-mile for help determining your recommended training and racing paces.

| Week of | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|--------|--------------------|---------|---------------------|-----------|--------|----------------|
| Aug 31 - Sep 6 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | Magic Mile |
| Sep 7 - 13 | off/XT | 30-45 min run/walk | off/XT | 4x400 meter repeats | easy walk | off | 2 miles |
| Sep 14 - 20 | off/XT | 30-45 min run/walk | off/XT | 5x400 meter repeats | easy walk | off | 3 miles w/1 RR |
| Sep 21 - 27 | off/XT | 30-45 min run/walk | off/XT | 6x400 meter repeats | easy walk | off | 3 miles |
| Sep 28 - Oct 4 | off/XT | 30-45 min run/walk | off/XT | 7x400 meter repeats | easy walk | off | Magic Mile |
| Oct 5 - 11 | off/XT | 30-45 min run/walk | off/XT | 8x400 meter repeats | easy walk | off | 4 miles |
| Oct 12 - 18 | off/XT | 30-45 min run/walk | off/XT | 9x400 meter repeats | easy walk | off | 4 miles w/2 RR |
| Oct 19 - 25 | off/XT | 30-45 min run/walk | off/XT | 10x400m repeats | easy walk | off | 5 miles |
| Oct 26 - Nov 1 | off/XT | 30-45 min run/walk | off/XT | 8x400 meter repeats | easy walk | off | 4 miles w/2 RR |
| Nov 2 - Nov 8 | off/XT | 30-45 min run/walk | off/XT | 12x400m repeats | easy walk | off | 6 miles |
| Nov 9 - 15 | off/XT | 30-45 min run/walk | off/XT | 8x400 meter repeats | easy walk | off | Magic Mile |
| Nov 16 - 22 | off/XT | 30-45 min run/walk | off/XT | 14x400m repeats | easy walk | off | 7 miles |
| Nov 23 - 29 | off/XT | 30-45 min run/walk | off/XT | 8x400 meter repeats | easy walk | off | 5 miles w/3 RR |
| Nov 30 - Dec 6 | off/XT | 30-45 min run/walk | off/XT | 16x400m repeats | easy walk | off | 8 miles |
| Dec 7 - 13 | off/XT | 30-45 min run/walk | off/XT | 8x400 meter repeats | easy walk | off | Magic Mile |
| Dec 14 - 20 | off/XT | 30-45 min run/walk | off/XT | 18x400m repeats | easy walk | off | 9 miles |
| Dec 21 - 27 | off/XT | 30-45 min run/walk | off/XT | 8x400 meter repeats | easy walk | off | 5 miles w/3 RR |
| Dec 28 - Jan 3 | off/XT | 30-45 min run/walk | off/XT | 20x400m repeats | easy walk | off | 10 miles |
| Jan 4 - Jan 10 | off/XT | 30-45 min run/walk | off/XT | 8x400 meter repeats | easy walk | off | Magic Mile |
| Jan 11 - 17 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | BF&M 10K |

XT = cross training. Choose something you enjoy that gives you a good cardio workout. Walking is always good cross training.
RR = race rehearsal. Warm up with a mile easy. Then run the indicated number of miles at race pace using the run/walk ratio you intend to use during the race. Cool down with another easy mile

Wednesday Speed Work - Warm up with a mile easy. Then run 400 meters (1/4 mile) at a pace 30 seconds per mile faster than race pace. Walk for 2 to 3 minutes to recover. Then repeat the number of times indicated. Cool down with another easy mile.

For lots more information about running injury free, visit www.JeffGalloway.com/learn/.