



BERMUDA TRIANGLE CHALLENGE

1 MILE | 10K | HALF/FULL MARATHON



“Advanced” Marathon 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 & GALLOWAY’S MARATHON FAQ 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.

Making up Distance: Walk the difference between your longest recent run and the assigned distance to get safely to your assigned distance. For example, if the assigned distance is 9 miles, and you have run 4 miles, you can walk 5 miles then run/walk 4 miles to get on target safely.

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

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

Mile Repeats - Warm up with a mile easy. Then run 1600 meters (1 mile) at a pace 30 seconds per mile faster than race pace. Walk for 5 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/.