



runDisney

DOPEY CHALLENGE

5K, 10K, Half Marathon & Marathon

TRAINING PROGRAM

Experienced Runners

(those who have been running regularly)

This proven training program has led thousands of runners across the finish line, while reducing the chance of injury to almost zero. For more information, see my book *GALLOWAY TRAINING PROGRAMS* at JeffGalloway.com.

Jeff Galloway • US Olympian • *runDisney* Official Training Consultant

DOPEY CHALLENGE TRAINING PROGRAM



EXPERIENCED

The long weekend sessions are the key to success in “The Dopey”. As you increase the distance of a short walk on Friday and a long walk on Saturday, followed by a long run on Sunday, the body prepares to “go the distance” in all events on race weekend. You can’t go too slowly during either the walk or the run: your goal is simply to finish each one with strength. On the Sunday runs, the pace should be at least 2 minutes per mile slower than you could currently run a fast marathon. See the “magic mile” section on the following page.

No huffing and puffing! On long runs, you want to be able to carry on a conversation throughout the run—even at the end. A very slow pace, with liberal walk breaks, will allow almost everyone to feel strong on almost every long one. If you’re breathing hard at the end of a long one, you need to adjust to a slower pace with more walk breaks from the beginning of the next one.

Running form: Never sprint during a running segment—keep feet low to the ground, using a light touch of the feet, and a relatively short stride. Most runners find that an upright posture is best, but use what feels natural for you. Let your foot move in its natural way. Most runners land on the heel and gently roll off the midfoot.

Walking form: walk with a gentle stride, that is relatively short. Power walking and walking with a long stride increase injury risk.

Slow down in the heat! Surveys have shown that runners tend to slow down a minute per mile when the temperature increases to 70F, and an additional minute per mile at 80F. Please make these pace adjustments on the hot long run days, using more frequent walk breaks to avoid heat stress. Don’t wear a hat on hot days, try to run before the sun rises above the horizon and pour water over the top of your head.

Time limit for the half marathon is 3:30, and for the marathon is 7:00. The per mile pace to reach this goal is 16 min/mi. This same per mile pace is required for the 5K and 10K events.

The “magic mile” (noted on the following page), will tell you what would be expected as a per mile pace on race day. Don’t worry if your comfortable long run pace is slower than 16 min/mi. The results of the “magic mile” will tell you what is realistic on race day. Please practice 15:00 to 15:30 per mile pace during the middle of a Tuesday run each week. On Thursday, if you are concerned about maintaining a 16 min/mi pace on race day, it is best to do a timed walk for 2-3 miles (16:00), inserting 10-20 seconds of running into each minute.

By inserting strategic walk breaks from the beginning of long runs you can significantly reduce fatigue. The run-walk-run ratio should correspond to the pace used (remember to slow down at least 2 min/mi slower than current predicted fast marathon pace). Suggested strategies:

PACE

9:00 min/mi:
9:30 - 10:45 min/mi: 90/30
10:45 - 12:15 min/mi: 60/30
12:15 - 14:15 min/mi: 30/30
14:30 - 15:45 min/mi: 15/30
15:30 - 17:00 min/mi: 10/30
17:00 - 18:30 min/mi: 8/30
18:30 - 20:00 min/mi: 5/30

STRATEGY

(running segment is first)
run 2 min/walk 30 sec

Two “maintenance runs” of 30-45 minutes each, will sustain the conditioning needed. Most commonly, these are done on Tuesday and Thursday. Each runner can choose the pace or the run-walk-run ratio for each of these runs. On weeks where a Friday walk is included, you should reduce your maintenance run length to 20-30 minutes on Tuesday.

Race Day practice. During the middle of a Tuesday run each week, after the standard warmup, time yourself for 2 miles and run a pace that you feel is realistic on race day. If you are concerned about the 16 minutes/mile needed to finish before the closing of the course, practice running at 15-15:30 per mile. During these segments, use a variety of run-walk-run strategies to find the right ratio for you. On Thursday, time yourself, for a 2 mile segment, mostly walking.

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EXPERIENCED

It is fine to do cross training on Mon, Wed, and Fri. if you wish. There will be little benefit to your running in doing this, but you'll improve overall fitness. On the cross training days, don't do exercises like stair machines that concentrate effort in the calf muscle.

Standard warmup: walk for 3-5 minutes, then, run for a few seconds and walk for a minute for 5 minutes. Then, gradually increase the amount of running, reducing the amount of walking for 5 minutes—until you reach the ratio that feels comfortable for you, on that day.

On Tuesday, after the standard warmup, try increasing the running portions. For example, if you are currently running 30 seconds/walking 30 seconds, try a few rotations of run 1 minute/walk 30 seconds. It is okay to huff and puff a little as you increase the portion of running. But if the latter strategies are too tough, drop back to a more comfortable ratio and complete the 30 minutes by using whatever ratio you wish: 30 sec run/30 sec walk, 20/40 or 15/45.

On Thursday, after the warmup, time yourself for 2-3 miles, at the pace you want to run on race day, using the appropriate run-walk-run strategy. If you are concerned about maintaining a 16 min/mi pace, walk at a comfortable but good pace (short stride, quick turnover) inserting 10-20 seconds of running every minute to maintain a pace that is slightly below 16 minutes per mile.

Standard cool down: walk for 10 minutes with a gentle and short stride.

Magic Mile: I suggest doing this after the standard warmup on the weekends noted on the schedule. By the end of the training program you want to run a time of 11:15 or faster to predict a finish time below 7:00 on race day.

The "Magic Mile" time trial (MM) is a reality check on your goal pace on race day, and has been the best predictor of finishing under the race time limit of 7:00.

- Use the standard warmup
- Run around a track if at all possible (or a very accurately measured one mile segment)
- Time yourself for 4 laps (1600 meters). Start the watch at the beginning, and keep it running until you cross the finish at 1.0 miles.
- On the first MM, don't run all-out: run at a pace that is slightly faster than your current gentle pace.
- Only one MM is done on each day it is assigned.
- On each successive MM (usually 2-3 weeks later), your mission is to beat the previous best time.
- Don't ever run so hard that you hurt your feet, knees, etc. Maintain a short stride, picking up the cadence or turnover to run faster.

After you have run 3 of these (not at one time—on different weekends) you'll see progress and will run them hard enough so that you are huffing and puffing during the second half. Try walking for about 10-30 seconds after each lap during the MM. Most beginning runners record a faster time when taking short breaks.

Predicted All-Out Effort Pace: Take your best current MM time and multiply by 1.4. This is the fastest pace you could currently expect to run under ideal conditions per mile in the marathon.

Long run pace: should be at least 2 minutes slower than the current predicted marathon pace.

Adjust for temperature: At 70F, slow the pace by an additional minute per mile. At 80F, slow down another minute per mile.

Note: This training advice is given as one runner to another. For medical questions, ask your doctor.

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EXPERIENCED

Experienced Runners

Tuesday - 45 minutes

Thursday - 45 minutes

Saturday - Listed below

WEEK 1

TUESDAY	THURSDAY	SATURDAY
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45 minutes

45 minutes

3 miles

WEEK 2

TUESDAY	THURSDAY	SATURDAY
---------	----------	----------

45 minutes

45 minutes

4 miles

WEEK 3

TUESDAY	THURSDAY	SATURDAY
---------	----------	----------

45 minutes

45 minutes

3 miles

WEEK 4

TUESDAY	THURSDAY	SATURDAY
---------	----------	----------

45 minutes

45 minutes

5.5 miles

WEEK 5

TUESDAY	THURSDAY	SATURDAY
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45 minutes

45 minutes

3 miles

WEEK 6

TUESDAY	THURSDAY	SATURDAY
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45 minutes

45 minutes

7 miles

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EXPERIENCED

WEEK 7

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	3 miles

WEEK 9

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	3 miles

WEEK 11

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	3 miles

WEEK 13

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	3 miles

WEEK 8

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	9 miles

WEEK 10

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	11 miles

WEEK 12

TUESDAY	THURSDAY	SAT.	SUN.
45 minutes	45 minutes	4 mile walk	13 miles run/walk

WEEK 14

TUESDAY	THURSDAY	SAT.	SUN.
45 minutes	45 minutes	5.5 mile walk	15 miles

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EXPERIENCED

WEEK 15

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	3 miles

WEEK 17

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	5 miles

WEEK 19

TUESDAY	THURSDAY	SAT.	SUN.
45 minutes	45 minutes	8.5 mile walk	20 mile run/walk

WEEK 21

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	7 miles with Magic Mile

WEEK 16

TUESDAY	THURSDAY	SAT.	SUN.
45 minutes	45 minutes	7 mile walk	17 mile run/walk

WEEK 18

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	6 miles with Magic Mile

WEEK 20

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	6 miles

WEEK 22

TUESDAY	THURS.	FRI.	SAT.	SUN.
45 minutes	45 minutes	4 mile walk	10 mile walk	23 miles

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EXPERIENCED

WEEK 23

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	6 miles

WEEK 25

TUESDAY	THURS.	FRI.	SAT.	SUN.
45 minutes	45 minutes	5 mile walk	12 mile walk	26 mile run/walk

WEEK 27

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	7 miles

WEEK 29

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	3 miles

WEEK 24

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	7 miles with Magic Mile

WEEK 26

TUESDAY	THURSDAY	SATURDAY
45 minutes	45 minutes	6 miles

WEEK 28

TUESDAY	THURS.	FRI.	SAT.	SUN.
45 minutes	5K Race Day	10K Race Day	Half Marathon Race Day	Marathon Race Day