



BERMUDA TRIANGLE CHALLENGE

1 MILE | 10K | HALF/FULL MARATHON



Challenge with 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

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 |
|----------------|------------------|--------------------|---------|--------------------|-------------|-------------------------------|------------|
| Sep 1 - 7 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | 9 miles |
| Sep 8 - 14 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | Magic Mile |
| Sep 15 - 21 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | 11 miles |
| Sep 22 - 28 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | 5 miles |
| Sep 29 - Oct 5 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | 13 miles |
| Oct 6 - 12 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | Magic Mile |
| Oct 13 - 19 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | off | 1 mile Walk | 15 miles |
| Oct 20 - 26 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | 5 miles |
| Oct 27 - Nov 2 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | off | 2 mile Walk | 17 miles |
| Nov 3 - 9 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | Magic Mile |
| Nov 10 - 16 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | off | 3 mile Walk | 20 miles |
| Nov 17 - 23 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | 5 miles |
| Nov 24 - 30 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | Magic Mile |
| Dec 1 - 7 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | off | 4 mile Walk | 23 miles |
| Dec 8 - 14 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | 5 miles |
| Dec 15 - 21 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | Magic Mile |
| Dec 22 - 28 | off/XT | 30-45 min run/walk | off/XT | off | 1 mile Walk | 5 mile Walk | 26 miles |
| Dec 29 - Jan 4 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | 5 miles |
| Jan 5 - 11 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | easy walk | off | Magic Mile |
| Jan 12 - 18 | off/XT | 30-45 min run/walk | off/XT | 30-45 min run/walk | off | Butterfield Front Street Mile | BF&M 10K |
| Jan 19 - 25 | Bermuda Marathon | | | | | | |

XT = cross training. Choose something you enjoy that gives you a good cardio workout. Walking is always good cross training.

Rehearsal Walks - A long walk the day before your longest runs will prepare you for the demands of the Bermuda Triangle Challenge without creating too much fatigue to run the next day's run.

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