



REVISED
EDITION

MARATHON

You can do it!

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INTRODUCTION

WHY CHOOSE THE MARATHON?

There's been an overwhelming flood tide of entrants into marathons in the past few years. Beginning exercisers by the thousands are targeting a marathon instead of the safer choice of a 5K or 10K. Established marathons are filling their quotas earlier than ever, and in 2008, over 425,000 people finished a marathon—an all-time record. What started as a once-in-a-lifetime achievement is now being attained by former couch potatoes every six to twelve months.

At the same time that a majority of the North American population has been labeled “significantly overweight,” marathon training has been designated as the fastest growing type of exercise. More than two million people train for a marathon each year; surely some start with the goal of losing weight. The overwhelming number of those who continue, however, do so because of the unequaled positive boost in attitude, significant stress release, and overall increase in vitality, focus and creativity.

As the average age of the marathoner has increased to 40+, the marathon has become a mid-life mission, an attainable goal. It could be worse: when you list the other mid-life diversions, the marathon's not a bad choice. At this stage of life, a high percentage of these first-time marathoners are accustomed to relying upon key people and leveraging influence through contacts, income and other negotiable items. The marathon stands out as one of the most esteemed of life's achievements, but it has to be won by pulling from within oneself

physical, mental, and spiritual resources over an extended period of time. Universal respect flows from sedentary observers who wish they could find the fortitude to get out there and do the same. Participants discover a mature self-respect, along with previously dormant strength to meet the challenges of this six-month adventure.

Part of the fulfillment must come from getting back to our roots. Our ancient ancestors walked and ran for thousands of miles each year to survive. In the process, they developed and passed on to us a treasury of physical and mental skills, which we renew on every run. The challenge of a significant physical journey on foot unleashes some primitive connections to our identity as human beings.

Most new marathoners bypass shorter distance events because they know that they need a challenging mission. By writing the marathon date on a calendar, one becomes more motivated to get out the door when the alarm goes off way too early or on days when the weather is bad.

If you have read this far, chances are you're ready to go forward with one of the most fulfilling experiences of your life. At the very least, you're saying that you want to take responsibility for your health and your attitude. On the long list of benefits from such a program, those two are at the top.

Every marathoner, no matter how experienced, has to dig down and find resources to get through the training program and to finish the marathon. You'll discover strengths that you didn't know were

1 GETTING STARTED

THE BASICS OF YOUR MARATHON PROGRAM

The marathon is primarily an endurance event. It is only secondarily a race and should not be an ordeal. This isn't to say it's a walk in the park, but you should be able to finish a marathon, enjoy the sense of achievement it gives you, and look forward to running your next one. The Galloway program will enable you to do just that, all in about six months. The purpose of the program is to build endurance at a steady incremental rate without subjecting your body to stress and injury. Key components are persistence and moderation. The unique factor introduced in this program is *the run-walk-run method*. As you will see, short walks interspersed with your training runs will prevent you from pushing yourself to exhaustion and injury.

At the beginning, the program is very simple (you *run* just three days a week), as shown below:

In summary, you:

- Walk for 30–60 minutes three days a week
- Run for 30 minutes (with walk breaks) twice a week
- Take one day off to rest
- Take a long run (with walk breaks) once a week (or once every other week)

Bare-bones program

Even if you only have 60 minutes to exercise during the work week, you can start training for the marathon. The minimum is actually better for insuring against injuries. *To start with the bare minimum, you run/walk 30 minutes twice a week.* Then you can work into long runs, starting at 3 miles and gradually increasing by an average of one mile each week until it reaches 10 miles. Then, you'll do the long run every other week, with a run/walk of half the distance on alternate "off" weekends. Once you've completed the 17-miler, you'll receive two weekends off for good behavior, shifting to a long run every third week. (See pp. 36–37.)

THE THREE-DAY-A-WEEK PROGRAM

Goal: To Finish

Mon*	Tue	Wed*	Thu	Fri*	Sat	Sun*
Walk 30–60 min	Run/walk 30 min	Walk 30–60 min	Run/walk 30 min	Walk 30–60 min	Off	Long run/walk

*optional at beginning

GALLOWAY'S PERFORMANCE PREDICTOR

Step 1: Run your “magic mile” time trial (MM). (*4 laps around the track*)

Step 2: (*Pace predicted is a very hard effort.*)

- **Half marathon predicted pace:** multiply MM by 1.2
- **Marathon predicted pace:** multiply MM by 1.3
- **10 Mile predicted pace:** multiply MM by 1.175

Example:

- **“Magic Mile” time:** 10:00
- **Marathon pace:** $10 \times 1.3 = 13$ minutes per mile
- **Half marathon pace:** $10 \times 1.2 = 12$ minutes per mile
- **10 Mile pace:** $10 \times 1.175 = 11:45$ minutes per mile
- **Long run training pace** = 15 minutes per mile
(*Add 2 minutes per mile to marathon pace regardless of goal distance.*)

THE FIRST TIME I USED RUN-WALK-RUN: 1974

I opened my running store, Phidippides, in 1973 in a location that was not easy to find. The sales volume during the first few months was very slow, to put it nicely. I asked each customer for ideas about connecting with runners or prospective runners. One of the first customers worked in Florida State University's community lifestyle extension course department and suggested that I teach a class on “Beginning Running.” I agreed.

During the first lesson, after each person described current conditioning and running history, I realized that this was, indeed, a group of novices. None had done any running for at least five years. So we started walking with a few one-minute jogs. On each jog, the group spread out a bit, which allowed me to set up groups based upon current running ability.

We divided into three groups. Young guys who played other sports formed the lead group. At the other end of the spectrum, about 10 members confessed that they had never exercised regularly, period. One of these folks described himself as a “basket case physical specimen” and the others embraced the name “basket cases.” The middle group fell between the two.

I spent some time with each group, during the runs, to adjust the frequency of walk breaks so that no one was huffing and puffing—even at the end. Walk breaks kept the groups together. Everyone passed the final exam: finishing either a 5K or a 10K with smiles on their faces.

The best part for me was that there were no injuries. I had never been with a group of 20+ runners, at any time, who had run together for 10 weeks without any injuries.

I realized right away that the insertion of walk breaks was probably the single item that had kept my new runners out of the doctor's office. I've been using them ever since, continuing to fine-tune the ratios of running to walking based upon pace per mile (and individual needs). This has transformed the use of walk breaks into a method.

2 THE LONG RUN

"Since I've been running 26-milers in training, I don't hit the wall any more."

The long run is your marathon training program!

Whatever your goal, the long run will help you more than any component of your running program. By going slowly, you can burn more fat, push back your endurance barriers, and run faster at shorter distance races.

What is the long run?

The long run is your marathon training program. The long run, which, to begin with, you do once a week, is what builds up your endurance. At the outset, your long run is 3 miles. As you progress, you increase the distance by running further on each long run until you cover 10 miles. At that point, you'll run long every other weekend, increasing the distance by 2 miles each time. Once you reach 17 miles, you increase the distance by 3 miles every third week.

Building endurance

As you push a mile or three farther on each long run, you increase the limits of your endurance. It's important to go slowly on

THE MENTAL BENEFITS

There are significant and continuing physical benefits from doing long runs regularly, but the mental ones are greater. Each week, I hear from beginning marathoners after they have just run the longest run of their lives. They are excited, they've generated mental momentum, self-confidence, and a positive attitude.

each of these (follow the Two-Minute Rule) so your muscles can extend their current endurance limit. When it's really hot and humid, you'll need to run 2 or 3 minutes per mile slower. As you extend your long run to 26 miles, you build the exact endurance necessary to complete the marathon. (Those who have marathon time goals can extend their capacity by running as far as 30 miles for three to four weeks before the marathon.)

"When I got up to 10 miles and beyond, I started to feel some primitive feelings—like I was the first one blazing a trail for others to follow."

3 THE GALLOWAY RUN-WALK-RUN METHOD

*“Without walk breaks, I could run only 3 miles, with difficulty.
Using walk breaks, I’ve finished three marathons feeling strong.”*

WALK BREAKS WILL...

- Allow those who can only run 2 miles to go 3 or 4 and feel fine
- Help beginners, heavy runners, or older runners to increase their endurance to 5K, 10K, or even the marathon in as little as six months
- Build up the endurance for runners of all abilities to go beyond “the wall”
- Allow runners over age 40 to not only do their first marathon but to improve times in most cases
- Help runners of all ages to improve times because legs are strong at the end
- Reduce the chance of injury and over-training to almost nothing

As one who has proudly run for more than five decades, I find it hard sometimes to admit this, but here goes. Our bodies weren’t designed to run continuously for long distances, especially distances as long as the marathon. Sure we can adapt, but there is a better way to increase endurance than by running continuously. By alternating walking and running, from the start, there’s virtually no limit to the distance you can cover. Thousands of people in their forties and fifties with no exercise background have used the run-walk-run method to train for, and complete a marathon after six months’ training. Once we find the ideal ratio for a given distance,

walk breaks allow us to feel strong to the end and recover fast, while building up the same levels of stamina and conditioning that we would have reached if we had run continuously.

Most runners will record significantly faster times when they take walk breaks because they don’t slow down at the end of a long run. Thousands of time-goal-oriented veterans have improved by 10, 20, 30 minutes and more in marathons by taking walk breaks early and often in their goal race. You can easily spot these folks in races. They’re the ones who are picking up speed during the last 2 to 6 miles when everyone else is slowing down.

4 RUNNING FORM

Marathon form is most efficient when you don't feel as if you are making any noticeable effort.

If it ain't broke . . .

Running form is most efficient when you're cruising along, almost on automatic. Over several years, your running form becomes more efficient—even if you still feel clunky. In fact, when runners change their form in an attempt to run better, they have often been forced to do so because they have been injured or excessively fatigued due to bad form. Even so, it's almost always better to go with the natural flow of your legs and body—even if you don't look like a star. In other words, *if nothing seems to be wrong with your form, don't try to fix it*. But if you're experiencing some of the form-related problems noted at the end of this chapter, I have a prescription for moving more easily.

Distance running does not require strength. Instead of overcoming gravity, we're trying to minimize its effect by staying low to the ground and reducing extraneous body motion. By going slowly in the beginning, it's easy to get moving, and, once in motion, the body wants to stay in

motion. I use three components to monitor and fine-tune running form: **posture**, **bounce**, and **over-stride**.

Posture

Don't try to be a Marine at attention. The best posture for running, walking, or cruising is just good posture, with all elements relaxed and balanced as the foot comes underneath. A forward lean forces you to shorten your stride and creates extra tension on the lower back and neck. A backward lean is unusual but will also produce a shorter stride, loss of power from the running stride, and possible tension in the lower back.

Some will argue that a forward lean will help you run faster, but I've found this to help only for a hundred meters or so. It forces you to work harder and therefore spend resources that are then not available later in the run and you lose more time than you gained during the short burst. The only exception I've found to this rule is when running on a gradual, downhill grade. A slight forward lean can help you run faster, and the boost from downhill gravity will offset the decrease in stride length. A forward lean is often the cause of lower back pain or neck pain.

5 CROSS TRAINING

On non-running days, cross training (XT) can give the attitude boost we need while it bestows additional conditioning. The best programs are those that are fun and therefore draw you back to do them again and again. For this reason, many marathon runners do a variety of exercises in a single cross-training session to reduce the chance of boredom and burnout. Cross training is also used to maintain marathon conditioning while runners are recovering from injury. With cross training, you don't have to think that it's over if you come down with an injury during a marathon program. Over the years, I've met dozens of runners who, although injured, maintained their conditioning through significant cross training and were able to finish the marathon comfortably. During an eight-week injury, one runner ran in the water and came back to do the marathon in a personal best: under 3 hours!

The best exercises

As in any form of conditioning, the best exercises to use as back-ups for the running muscles are those that best use the leg muscles as they are used in running. Water running has produced the best effect for large numbers of marathoners. Cross-country ski machines have also produced a high level of running conditioning. For burning fat, the best exercises are those that elevate the body temperature, keep it up, and use lots of muscle cells. Cross-country ski machines, rowing machines, cycling and other indoor machines can help to increase the fat-burning effect.

Because stair machines use many of the muscles that are used in running they aren't the best choice for alternative exercise on a rest day from running. But they can simulate hill running, to some extent, if you use them occasionally to replace a running day (or as a second running session on a running day).

CROSS-TRAINING SCHEDULE						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Water run	Cycle	Water run	Swim	Water run	Off	Long water run
Weight training	Swim	Strength training	Cross-country ski machine	Strength training	Swim	

6 THE PROGRAMS

This is the heart of the book. You will be following one of these programs for about six months in preparing for your marathon. If you're a beginner, look at the program on p.36. If you're with a group, you'll get help in determining which of these time goals is right for you.

Beginner Program	36	Time-Goal Marathon 3:45	48
"To Finish" Program	38	Time-Goal Marathon 3:30	50
Fat-Burning Training	40	Time-Goal Marathon 3:15	52
Time-Goal Marathon 4:40	42	Time-Goal Marathon 2:59	54
Time-Goal Marathon 4:20	44	Time-Goal Marathon 2:39	56
Time-Goal Marathon 4:00	46		

Beginner Program							
Week #	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	3 mi run/walk
2.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	4.5 mi run/walk
3.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	3 mi run/walk
4.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	6 mi run/walk
5.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	7.5 mi run/walk
6.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	3 mi
7.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	9 mi
8.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	3 mi
9.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	11 mi
10.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	4 mi
11.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	13 mi
12.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	4 mi
13.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	15 mi
14.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	4 mi w/MM
15.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	17 mi
16.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	4 mi w/MM
17.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	20 mi
18.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	6 mi w/MM
19.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	6 mi
20.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	23 mi
21.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	6 mi w/MM
22.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	6 mi w/MM
23.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	24–26 mi
24.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	6 mi
25.	walk 30 min	run/walk 30 min	walk 30 min	run/walk 30 min	walk 30 min	off	6 mi
26.	walk 30 min	off	walk 30 min	off	walk 30 min	off	The Marathon
27.	walk 45 min	run/walk 45 min	walk 30–60 min	run/walk 40 min	walk 30–60 min	off	4 mi run/walk
28.	walk 45 min	run/walk 45 min	walk 30–60 min	run/walk 45 min	walk 30–60 min	off	6 mi run/walk
29.	walk 45 min	run/walk 45 min	walk 30–60 min	run/walk 45 min	walk 30–60 min	off	12–20 mi run/walk

Note: This program is for someone who is beginning to run for the first time. It is the bare minimum to get you through a marathon.

7

THE SOURCE OF MOTIVATION

Just a few minutes each day will keep you motivated and will make you a more positive person. Every year, from hundreds of satisfied marathon finishers, I hear the answer to the question: Why do we take on the challenge of the marathon?

The left brain: logic

Inside the left hemisphere at the top of your head is the center of logic. The left brain solves math problems, organizes and nit-picks, and conducts the structured cognitive activities during your workday. One of the primary missions of the left brain is to steer you in the direction of pleasure and away from discomfort. Any form of stress or perceived stress will stimulate a stream of messages telling you to “slow down!” or “quit!” or to question your sanity: “Why am I doing this?”

Because we rely upon the left side for logical guidance, we listen to these messages. If we’re weak or tired, we’re very likely to give in to them and compromise our goal. Certainly we must always monitor the real dangers that could produce health problems (heat buildup, traffic, over-fatigue) and take appropriate action.

Most of the time, however, our left brain overreacts, warning us long before we are in real danger. Motivation training desensitizes us to such extraneous messages and the left brain’s nagging.

The right brain: intuition

Your creative and intuitive center is in the right side of your brain. Running is one of the best ways to tap into your right brain, as long as you’re running slowly enough to stay within your capabilities. This right side is a reservoir of creative solutions to just about any problem, challenge, or obstacle. Through pacing, walk breaks and blood-sugar boosting, you can cut down dramatically on stress, reducing the messages from the left brain so that you stay on the right (brain) track. Later in this section, I’ll go over some proven methods of stimulating right brain activity. To maximize time in the wonderful world of the right brain, become sensitive to the stress buildup of your runs and the marathon itself. Only you have the complete power to reduce the intensity and disconnect the negative speaker of the left brain before it makes your running seem like work.



GETTING MOTIVATED

Inside of each of us is all the motivation we need to get going and stay motivated.

After six to twelve months of regular exercise, most runners have made the lifestyle adjustments that make exercise a scheduled and important part of the day. Before we get to that point, it's necessary to make an effort to reinforce the regularity of exercise and maintain the daily run or walk as a top priority. Sometimes it's as simple as learning to appreciate the rewards, such as those relaxing endorphins. You've been getting them all along, but you didn't take time to enjoy them.

But everyone will have to find some extra diversions from time to time. Some runners look for different birds or flowers during a run. Others test the winter ice and look forward to the challenge of layering to meet the colder temperatures. The prospect of a dip in the pool or a shower in midrun can get you out of the door and keep you out there when the weather's hot.

Most of those who say they just need a little motivation to get into shape are only dreaming. Yes, they have a dream of being

a stronger, firmer, more active person, but the dream is not attached to realistic behavior. Dreams are elusive. An image without a series of weekly workouts will stay, merely, an image. If you really want to change behaviors, believing that you can is only the first step. It is the behavioral vision of moving the legs every other day that changes body shape and improves mental outlook. An idea or image is powerful only if it is practiced, refined, and then changed into a vision of permanent lifestyle fun running.

Confidence in the program

To get motivated, runners at all levels need to feel that each day's workout and the program as a whole is doable. When in doubt, it's always better to err on the side of a less demanding program or one that has flexibility. It also helps to study the program before beginning to determine your level of confidence in the schedule and the designer before you get in over your head.

9 STAYING MOTIVATED

A body on the couch wants to stay there. But once a body is in motion, it wants to continue in motion.

WHEN YOU WANT TO STOP

Motivation through forward motion

Just as any motivated runner will have less motivation on some days, everyone reaches plateaus. This chapter is dedicated to helping you continue running when you want to stop. Also included are some of my secrets for staying on a schedule when you have lulls in motivation.

If you start your run slowly enough, it takes only a minute or two to be rewarded by the flow of relaxing endorphins and other attitude-enhancing mental hormones. You may need to walk very often, but moving forward is naturally pleasurable to the body and mind when done at an easy pace.

When you pick a challenge such as a marathon and write the date on your calendar, you're more likely to be motivated on those hot, muggy days or when it's freezing outside. Everyone knows that running 26.2 miles requires preparation. This pulls you out of bed when the temperature outside is in the nineties or 10 degrees below, and it keeps you going when you get the urge to cut the run short.

The more stress you place on yourself, the more discouraging messages you'll receive from the left brain, which will make you want to quit. Ease up, take more walk breaks, and you'll get through most of these "walls." If the weather presents you with too much heat or humidity or you went too fast in the beginning or the middle of the run, it may be too late to do anything but walk. Learn from this, and back off early the next time.

Keep your blood sugar level up

Your preferred blood sugar foods can pull you out of motivational lulls. Everyone will experience a blood sugar crash after about 12 to 15 miles. Take a PowerGel or energy bar with you and eat it (with water). For most runners, that will keep the BSL (and motivation) high. These products also help on short runs if you haven't eaten enough before you set out.

Be sure there is no medical problem

It's extremely rare, but there are a few times when you should not push through barriers. If you have or suspect a medical

10 THE POWER OF THE GROUP

"I would never have run a marathon if it were not for the group. Looking forward to next year!"

—Moninne Kellaghan, New York City

You may not be able to find a group, but marathon training will be more fun if you do.

Among those who go through the Galloway Training Program, more than 98 percent complete a marathon. I'm very proud of them, but can't, however, take credit for this rate of success. It's the result of the fun and the bonding that occurs in each pace group as individuals become a team. In a group, individuals who have trouble getting motivated get on track. Competitors who tend to get injured from pushing themselves too hard stay back with the group and stay healthy.

- As a team, you can share the challenges, the laughs, the struggles, and the exhilaration.
- No one needs to go through a tough day without being bolstered by the others.
- As you give support, you'll receive much more in return.
- Every year, in just about every pace group, lifelong friendships are formed.
- Individuals training alone usually reach a plateau of fatigue, injury, lack of motivation, or complications in other areas of life and drop out of the program.

If there is no group in your area, you can start one by running together with just one other person. See the marathon training program flyer at the end of this book. Many lone runners will call friends and talk until they're motivated to get out of the door. Some have simulated group runs by talking on cell phones during runs.

It's interesting to watch the groups develop. On the first day, most are feeling a bit shy, reluctant to say much. After a group run or two, each member develops a sense of belonging and trust. Over the next few months, often without realizing it, each will need to pull at least a little support from teammates, and each will give the same to the others. Through the joking and the gut-level respect generated by meeting challenges together, bonds are established and last a lifetime. Starting as ordinary people, the group will rise to the extraordinary challenge of the marathon.

Some companies are discovering that the power of marathon team-building improves the bottom line as it reduces the waistline. I've seen this experience break down barriers between divisions within a corporation as even the spectators pull for the trainees to meet the challenge. You can't buy the productivity and attitude benefits that come from such a program.

11 A MENTAL TOUR OF THE MARATHON

A thorough mental rehearsal of one of life's challenges will mobilize all of your resources and bring mind and body together.

Before attempting something challenging like a marathon, wouldn't you love to have the confidence of having done it—without the fatigue, sweat, aches, and pains? Thanks to the wonderful world of visualization, this is now possible.

Rehearse!

In this chapter, we're going to rehearse the marathon so that you can immerse yourself in the experience. The better your rehearsal, the more prepared you'll be for the marathon itself. Draw upon your experience from the long runs to construct your mental marathon. The more challenges you rehearse, the less effect they'll have should you encounter them in the marathon itself.

You'll develop a confidence in finishing that is similar to the confidence of veteran marathoners. Even more significant, you'll be gradually adding realistic details and situations to help you overcome the physical and mental challenges of the marathon. This *mental* conditioning will make you tougher and will build the specific confidence you need to confront the

same problems in the 26-miler itself. Your long runs help you to desensitize yourself to much of what *could* go wrong.

Benefits of a rehearsal

Familiarity breeds success

Mentally rehearsing the marathon gears up mind and body for the sequence of events. The more times you're able to rehearse, the more smoothly you'll mentally prepare for each segment of the marathon and the better you'll anticipate your need for resources and adjusting for success.

Taking out the garbage

The discouraging messages released under stress are reduced because you've desensitized yourself to them. In other words, there's less stress, therefore less garbage.

Mind and body teamwork

Mental rehearsals are effective practice runs because you can edit and improve responses quickly in your mind. This doesn't get you out of doing your long runs, of course. Once you've had two or three runs over 15 miles, you have an experience

12 MAGIC MARATHON WORDS

Magic words distract you from the discomfort, while they lead directly to the extra horsepower that all of us have hidden inside.

By using a few special words, you can pull yourself out of the slump in motivation and physical energy that usually happens at some point during long runs. I've heard from several runners who, when the fatigue settled in, started to feel sorry for themselves and slow down but then, through a liberal use of magic words, ran a personal record or close to it. Even when your conditioning and the weather conditions stop you from a fast performance, the use of these words can mentally reframe any experience into a positive one.

Magic words give you another means of taking control of your performance. They allow access to the internal patterns of dealing with stress and pulling up hidden strength. I like to compare this network of inner connections to a mass of tangled wires, some making strength connections, some going to insecurity and negativity, and a lot of loose ends. You train yourself to make the right connections to stay positive, deal with real problems, and pull the strength available when needed. Called

positive reinforcement, this technique is the same as that described as "brainwashing," except reversed.

Positive brainwashing

My three magic words are **relax**, **power**, and **glide**. I started using them during my competitive career to deal with three problems I encountered during difficult runs and races.

Relax

Usually at the end of a hard run, when I feel my resources slipping away, I have a tendency to tense up because I think that things are going to get worse. I used to slow down and obey the stream of negative messages. Now, I know that the left brain is really bluffing, making conditions seem much worse than they really are. When I feel the first sensation of tightening, I focus on pushing beyond the stress by saying the word "relax" to myself. After two decades of use, I can now feel an instant, subtle relaxation.

13

DIRTY TRICKS

“When I was feeling at the end of my resources, at mile 24, I tried one of your dirty mental tricks. It gave me a sense of control, and I ran the last mile with a smile on my face.”

A really good rehearsal (with good pace judgment) will pay off by pulling you most of the way through the marathon. By adding your magic words, you’ll push on for 2, possibly 5, miles further, sometimes all the way to the finish line. But there are moments in every marathon, usually near the end, when the magic seems to have gone out of your words, and worse, your legs. This opens up a big microphone into which the left brain shouts its messages. You’ve probably heard most of them:

- “It’s over. Just walk to the finish.”
- “Slow down; it’ll feel much better.”
- “Stop now and feel great.”
- “Oh, do I feel bad.”
- “I can’t do it today.”
- (And the worst one of all) “Why am I doing this?”

Dirty tricks as distractions It’s time to play some dirty tricks on your left brain. After all, it does the same to you all the time. Almost anyone gets these messages. You’re only in trouble if you listen to them. Dirty tricks distract the left brain so that you

can get further down the road. But they can do so much more. As you find a series of creative images that get you into your right brain, you’ll trigger other imaginative thoughts. These may entertain you, but they are most effective when they jumpstart right-brain activity, which produces intuitive solutions to problems.

When you get it working, the right brain acts like a hacker trying to break through Pentagon security codes. It keeps probing, hitting dead ends, and trying again until it finds the direct connections to the centers that get the job done. In addition, right-brain activity improves motivation and keeps your organism working all the way to the finish.

If you’ve trained according to the schedules in this book and pace yourself realistically in the marathon itself, you will be, physically, on the express train to the finish. There is, however, a very real mental wall that most marathoners must push through to get within sight of the finish line. By doing your mental training, you’ll push the wall back closer and closer to the finish.

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COUNTDOWN

TWO DAYS TO THE RACE

You can still improve your performance in the last 48 hours

Although the physical training has been done, you can, in the last two days, significantly enhance the way you feel afterward and the quality of your performance by choosing certain behaviors and avoiding others. Graduation day is near; don't let your vision get cloudy. You can still improve your performance during the last 48 hours.

Because of nervousness, the excitement of the expo, and the distractions of another city, the marathon, friends, and so on, it's easy to lose concentration on a few key items. Be sure to read this section over several times during the last few weeks so that you're more likely to keep the mind and body on track.

You need to be in charge of yourself during the crucial 48 hours before the marathon. In this way you can control your attitude, your eating, your schedule, and so on. This doesn't mean that you should stay by yourself in a hotel room eating salt-free pretzels and energy bars and drinking water. Being with friends is positive. You have veto power over what goes into your mouth, where you go, and how late you stay out. Being in control of your destiny is the primary step in running faster without training.

Be positive

Have a list of statements, similar to the Magic Marathon Words, that you can repeat as necessary. You're going to have discouraging thoughts slipping out from the left brain so we'll work on a way to bypass them and move into the world of the positive.

- I have no pressure on myself.
- I'm going to enjoy this.
- I'll start very slowly.
- The people are great.
- Because I started slowly, I'm finishing strong.
- The satisfaction of doing this is unequalled.
- I've developed a great respect for myself.

Drink!

During the 48 hours before the marathon, drink at least four to six ounces of water every hour you're awake. If you're sweating, drink more. If you prefer to drink juices or electrolyte beverages, then do so. Try to avoid drinking too great a quantity of fluids that are loaded with sugar. Even apple juice and orange juice have a high sugar content so take this into consideration as you watch your blood sugar level. Your best defense against dehydration is to drink water continuously until you hear sloshing in your stomach.

15 RECOVERY AND BEYOND

Even if you've run twice as far as you've ever raced before in your life, you can be back to your normal running routine very quickly by following a few simple steps, before and after the race. By mentally and physically preparing for the morning after, you can reduce the negatives, while emotionally riding the wave of positive momentum from even the toughest of races.

The post-race letdown

Even with the best preparation, however, there will be a natural motivational lull. When they have spent months working toward a specific event and have reached the finish line of a significant physical test, even the most focused athletes experience a psychological letdown. The challenge has motivated you to be regular with your exercise, to keep pushing your endurance limits on long runs, and to reach down deep for motivation and the strength to go on. Like any significant accomplishment, the day of achievement marks an emotional peak and is invariably followed by a downturn. As soon as you grasp the reality that the "accomplishment doldrums" will occur,

you can prepare for them and desensitize yourself. Talk yourself through this: "It's natural, after six months of preparation for the big day, to miss the focus, the commitment, and the reinforcement of others who supported me in my mission." But you can also tell yourself with honesty that in a few days you can be shrugging off the blues as you strike out in a new direction.

Another mission

So, let's get another mission started, *now!* Write the date of your next project on a calendar or in a journal. It's best to shift gears and select a different type of mission: a scenic trail run, a weekend trip to a big festival event, a group run with friends you haven't seen for a while, and so on. If you've trained in a group, schedule an easy group run three to four weeks after the race, and you'll look forward to the reunion. It's okay to shift missions in midstream, but be sure to have a specific event always written on the calendar. If you wait until after your first "mission day" to choose another goal, your letdown will be more severe.

THE EVERYPERSON'S GUIDE TO RUNNING A MARATHON

Jeff Galloway developed unique training programs ten years ago showing runners how to train for, and finish a marathon. Galloway's success using walk breaks throughout race training has led tens of thousands of average people to experience the unique lifetime accomplishment of running a marathon. In this updated and revised edition, you'll discover how to set up a personal training program, how to stay motivated, train with a group, avoid injuries, and burn fat.

Jeff Galloway is an Olympic athlete and a running teacher. His first book, *Galloway's Book on Running*, is an international best-seller, with over 600,000 copies sold in North America.

"Never in a million years did I think I could accomplish such a feat!"

—Jackie Baca, New York City

"It really works!"

—Rosemary Shannon

"Everyone is pulling for you to get to the finish line."

—Cesare Lucido

STATE-OF-THE-ART MARATHON TRAINING IN THE 21ST CENTURY

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