

## Walk/Run Method

Jeff Galloway is a 1972 running Olympian who since 1974 has helped more than 300,000 runners achieve their dream of running their first marathon. Following his program of running and walking guarantees a 98 percent injury-free rate. In 1978, Jeff was asked to teach a class in beginning running to 22 deconditioned athletes. He started with the group walking, inserted running, and gradually increased the running segments over 10 weeks. Most continued to take walk breaks to the end of the class and all finished a 5K or 10K. All 22 finished the program with no injuries.

He has authored *Runner's World* articles and been on several podcasts that have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the marathoners of all shapes, sizes, ages, and sex who follow the Galloway RUN-WALK-RUN™, low-mileage, three-day, suggestions to an over 98 percent success rate. Those runners who follow this plan tend to stay steady during a race increase-distance capability with energy in the end. Runners start their walk portion *before* their running muscles get too tired. The method consists of short runs and walks timed before fatigue sets in. This allows muscles to recover instantly and pushes back the fatigue wall. It also allows for endorphins to collect during each walk break and makes up the distance into manageable units. A lasting benefit is that it can speed up the recovery in the leg muscles and reduce the chance of aches, pains, and injuries. Using this fatigue-reduction tool early gives you the muscle resources and the confidence to cope with the body's mental and physical challenges that can come later. Many times runners during a race fatigue and can only walk the last part of the race. This method eliminates or pushes back this fatigue.

Other than running apparel and a GPS to gauge your time, there are timers or apps to keep you on track. There is now a run-walk-run timer, called a Gym Boss, which can be set to beep or vibrate when it's time to walk. Other ways you can keep track of walk-and-run segments are to use a run/walk app called Run Keeper for the Apple, Android, and a Timex Iron Man Watch. These methods give precise time for your walk and run segments.

First of all a runner needs to find out a magic mile time. This is done by running a mile after a few miles' warm up at your fastest speed without getting sick. You then multiply that by 1.2

for a half marathon and 1.3 for a full marathon, and on a good day, have an approximate pace. For a 5K race, add 33 seconds per minute and 1.15 minutes per 10K.

Then you have to check the temperature. For every five degrees higher than 60 degrees, add 30 seconds per mile to your marathon. For instance, if it is 65 degrees, and you are a 12-minute miler, your average pace with run/walk break segments would be 12:30.

Suggested walk breaks include:

Run-walk-run ratio should correspond to the training pace used:

8 min/mi—run 4 min/walk 35 seconds

9 min/mi— 4 min run-1 min walk

10 min/mi—3:1

11 min/mi—2:30-1

12 min/mi—2:1

13 min/mi—1:1

14 min/mi—30 sec run/30 sec walk

15 min/mi—30 sec/45 sec

16 min/mi—30 sec/60 sec

In conclusion Jeff is an inspirational speaker with over 200 running and fitness sessions each year. Under the leadership of his program, he believes anyone can run a marathon by having a program that allows you planned run and walk breaks. This method allows those with some types of previous injuries to train for marathons without further injury and also allows for improvement in a marathon. Even someone unconditioned and under the guidance of a doctor can run a half marathon in three months using this program—and a marathon in six months. Following this method in 2011 and 2012, I ran both of my marathons 45 minutes faster than my previous 2009 and 2010 marathons. (5:28 in the Denver Marathon in 2011 and 5:35 in the Illinois Marathon in 2012). By just losing 15 to 20 seconds per mile using this method, many runners have actually increased their PR by 13 to 40 minutes. And within three years they qualify for the Boston Marathon, even in their senior years. And just like his book says, it will allow you the opportunity to run until you are 100.

### **References:**

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Cramps

Jeff Galloway

<http://jeffgalloway.com/>

Run Disney

<http://www.rundisney.com/training>

Running with Karen

<http://www.runningwithkaren.com/how-to-use-jeff-galloways-run-walk-method>