

TEAM GP2C - JEFF GALLOWAY TRAINING PROGRAM - 15 WEEKS

Week	DATE	Sunday	Monday	Tues	Wednesday	Thursday	Friday	Saturday
1	13-Nov	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	3 miles
2	20-Nov	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	4.5 miles
3	27-Nov	off/XT	30-35 min r/w	off/XT	30-35 min r/w	easy walk	off	6 miles
4	4-Dec	off/XT	30-35 min r/w	off/XT	30-35 min r/w	easy walk	off	3 miles
5	11-Dec	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	7.5 miles
6	18-Dec	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	3 miles
7	25-Dec	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	9 miles
8	1-Jan	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	4 miles
9	8-Jan	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	10.5 miles
10	15-Jan	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	4 miles
11	22-Jan	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	12 miles
12	29-Jan	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	4 miles
13	5-Feb	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	14 miles
14	12-Feb	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	4 miles
15	19-Feb	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	Princess 13.1 miles (ON SUNDAY)

XT = Cross Training - optional - (anything except a stair climber or something that will tax your calves)

r/w = Run/Walk* (Disney requires a min 16 min/mi pace)

Easy Walk = 20 minutes walking dog, etc

* Run-walk-run ratio should correspond to the 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

More detailed information can be found at www.jeffgalloway.com