

## Training Document: **The Magic Mile** by Jeff Galloway

### **The One-Mile Test will help determine:**

1) Which goals are realistic, 2) How much improvement can be expected, 3) Whether someone is on track for the goal at various points.

Regular testing takes the guesswork out of goal setting. This often involved putting the reins on the ego, which will often try to talk the person into goals that are not within their current capabilities.

These formulas will allow one to predict marathon time, from running a fast mile time. The mile will help show progress as runners usually improve each time. Physically runners are getting faster and stronger.

### **Guidelines for using the Magic Mile:**

- » The person has done the necessary training (mile repeats, longer run, etc.)
- » The person is not injured (do not to push into pain or injury)
- » They run with an even paced effort
- » The weather on race day is not averse (above 60, strong winds, heavy rain or snow)
- » First time marathoners should not try for a time goal or do speed workouts
- » The pace used in the race itself should be the average of the fastest 2 magic miles (adjusted for temperature)

### **Instructions:**

1. Go to a track, or other accurately measured one-mile course.
2. Warm up with some walking, jogging and/or light running. Warm down afterwards
3. Run the one mile – a hard effort – follow the walk break suggestion provided.
4. For the first race, don't run all-out from the start – ease into pace after first half (2 laps).
5. A school track is the best venue. Don't use a treadmill because they tend to be notoriously un-calibrated, and often tell you that you ran farther or faster than you did.
6. On each successive test, try to adjust pace in order to run a faster time on the test.
7. Use the formula provided to see what time is predicted in the goal race.

### **Take your one mile time and adjust as follows:**

5K Runners: add 33 seconds for your 5K pace

10K Runners: multiply by 1.15 for your 10K pace

Half-Marathoners: multiply by 1.2 for half marathon pace

Marathoners: multiply by 1.3 for marathon pace

### **Predicting race performance:**

- » Take your last 4 one mile time trials
- » Eliminate the slowest
- » Average the other three
- » Adjust for heat and humidity:

### **How hard should the Magic Mile be run?**

For the 1st test don't run that fast, just slightly faster than your normal pace. Run the 2nd one and afterward, try to beat the previous best time. Take walk breaks as needed—and noted on the attached table. After the 1st test you should be huffing and puffing but not gasping for air when running the mile.

Continued

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A track is the best venue. If not running on a track, measure the course into quarter miles, and mark them. Tell the runners in your group how they can check pace at each quarter mile to improve pacing. Run the first lap (quarter mile) slightly slower than you think you can average. Take a short walk break as noted. If you aren't huffing and puffing you can pick up the pace a bit on the second lap. Most benefit from taking a walk break after the second lap. It is ok to be breathing hard on the last lap. When you finish, you should feel like you couldn't run more than half a lap further at that pace (if that). You may find that you don't need many walk breaks during the test – experiment and adjust.

**Improvement Possibilities** –It is ok to choose a time goal for your goal race which is faster than predicted by your pre-test. As you do the speed training, the long runs and your magic miles, you should improve. For prediction purposes, as you take this “leap” to a goal, I suggest no more than a 3-5% improvement in a 3 month training program.

**EXAMPLE:** One Mile Test Time = 8:00. 10:24 mile time for a marathon 10:24 per mile = just under a 4:30 marathon time slow down by 30 sec a mile for every 5 degree temperature increase above 60F