Why the Magic Mile?

The Magic Mile is a unique tool to help members determine realistic goals! The MM is the result of years of data collection. It has been an extremely accurate predictor of current performance. Analysis has shown that most runners slow down 30% when they go from a fast one mile, to a fast per mile pace in a marathon and by 20% when they run a fast half marathon. The miles will help show progress as runners usually improve each time. The runner is getting faster and stronger. The Magic Mile is a great team building exercise. Encourage the groups to cheer each other on.

THE MAGIC MILE WILL HELP DETERMINE:

- If the goal pace is realistic.
- How much improvement can be expected, and whether someone is on track to meet the goal.
- Running the Magic Mile takes the guesswork out of goal setting. This often involved putting the reins on the ego, which will talk the person into goals that are not within their current capabilities.
- These formulas will allow one to predict race time by running a timed mile.
- During the training season, the group will run a Magic Mile on a set schedule, depending on the training goal.

GUIDELINES FOR RUNNING THE MAGIC MILE:

- If possible, have the group meet at a track, or other accurately measured one-mile course. One mile is four loops around a track. If you do not have a track available, use a GPS mapping tool or online mapping program, such as www.favoriterun.com or www.usatf.org Find a flat, uninterrupted one mile stretch.
- The group should warm up by running an easy mile to a mile and a half.
- Advise your members to run the MM a little harder than normal pace. Follow the walk break suggestions provided in Galloway Training Programs, or walk 30 to 45 seconds at each quarter mile; or just run the mile without walk breaks.
- The first time trial should not be run all-out from the start – just a little faster.
- Be sure the group cool down with by reversing the warm up.
- On each successive MM tell your members to try to better the pace by 20 to 30 seconds.
- Use the formula provided in Galloway Training Programs to see what time is predicted in the goal race but always remind your members there are variables on race day but the MM can help them get an accurate idea of what they are capable of running.
**HOW HARD SHOULD THE MAGIC MILE BE RUN?**

Again, on the first MM, advise the groups to run just slightly faster than normal pace. On each successive MM, they should try to beat the previous best time by 20 to 30 seconds.

- Walk breaks should be taken as needed or every quarter mile.
- Runners should check their 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. 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.
- Runners should be huffing and puffing but not gasping for air when they finish.

**IMPROVEMENT POSSIBILITIES**

It is fine to choose a time goal for the goal race that is faster than predicted by the Magic Mile. As your members do the speed training, the long runs and the Magic Miles, they should improve. For prediction purposes, as they take this "leap" to a goal, we suggest no more than a 3-5% improvement in a 3 month training program.

To Predict the MM pace to longer distances from one mile:

- **5K** Take the one-mile time and add 33 seconds
- **10K** Take the one-mile time and multiply by 1.35
- **Half Marathon:** Take the one-mile time and multiply by 1.2
- **Marathon:** Take the one-mile time and multiply by 1.3

**EXAMPLE:**

One Mile Test Time: **8:00 minute mile = 10:24 mile time for a marathon**

10:24 per mile = just under a 4:30 marathon time

**Train Pace = 12:24 minutes per mile, or 10:30 pace group** (adjusted for temperature)

**Walk Break Ratio for 12:24 per mile = 2/1**

A 3-5% Improvement – 4:30 marathon time – 4:21:54 - 4:16:30 is possible
Pacing and Run/Walk Ratios

To determine what pace a runner is capable of running in a marathon, multiply the best (or an average of all) MM result by 1.3. This will tell them what they are capable of running in a marathon (at a hard effort) when the temperature is 60°F or below and they have done the long runs listed on the schedule. Even in the marathon itself, it is not recommended a member run this fast – instead recommend they run the training pace for the first 18 – 20 miles. After 18-20 miles, if they feel good, then tell them to run the remainder of the race at the MM pace result.

To determine a runner’s training pace, take the MM time and multiply by 1.3, then add 2 minutes. This is the suggested long run pace per miles on long runs at 60°F or cooler. It is always better to run slower than this pace.

To determine what pace a runner is capable of running in a half marathon, multiply the best (or an average of all) MM result by 1.2. This will tell them what they are capable of running in a marathon (at a hard effort) when the temperature is 60°F or below and they have done the long runs listed on the schedule. Even in the half marathon itself, it is not recommended a member run this fast – instead recommend they run the training pace for the first 8-10 miles. After 8 miles, if they feel good, then tell them to run the remainder of the race at the MM pace result.

Walkers and runners should pace the long run so there’s no huffing and puffing – even at the end.

When the temperature rises above 60°F, runners should slow down by 30 seconds a mile for every 5 degrees above 60°F on long runs and the race itself.

The run/walk/run ratios should correspond to the pace.

| 8 minute/mile: | Run 4 minutes/walk 35 seconds |
| 9 minute/mile: | Run 4 minutes/walk 1 minute |
| 10 minute/mile: | Run 3 minutes/walk 1 minute |
| 11 minute/mile | Run 2:30 minutes/walk 1 minute |
| 12 minute/mile | Run 2 minutes/walk 1 minute |
| 13 minute/mile | Run 1 minute/walk 1 minute |
| 14 minute/mile | Run 30 seconds/walk 30 seconds |
| 15 minute/mile | Run 30 seconds/walk 45 seconds |
| 16 minute/mile | Run 30 seconds/walk 60 seconds |
The Importance Of Walk Breaks

If you use main running muscles in the same way, step after step, they will fatigue quicker. As the distance increases, the fatigue and damage to the muscles increases dramatically. If, however, you shift your usage of the forward motion muscles, you’ll extend the capacity of each use of the muscle. By interspersing running with walk breaks every few minutes, program participants will reduce the intensity of muscle use early in the run and conserve resources needed for the end of long runs.

Walk breaks allow the main running muscles to continue to perform at requested levels for much longer than if they were used continuously. By shifting back and forth in muscle usage (by shifting from running to walking to running), participants increase total capacity by using more of the resources inside the muscles. In races, participants will be able to work harder to the end, with muscles that have more life and energy. You can run faster at the end, when you ordinarily would have slowed down. This is often the difference between achieving a time goal or not. Many runners have improved their times by adding walk breaks throughout their run.

Walk breaks will also help to speed up recovery time between long runs, races or speed sessions. By building in the recovery breaks early, there is less damage to repair afterward. The earlier you take the walk breaks, the more they will help. Therefore, you need to take walk breaks before significant fatigue sets in—if you wait until you need them, it is too late.

To summarize, walk breaks:

- Must be taken early enough
- Must be taken often enough
- Will keep muscles resilient and strong to the finish
- Will speed recovery from the long runs, races and the marathon
- Will help you run faster if you are trying for a time goal
- Will reduce the chance of injury
- Walk breaks are not an option in Galloway Training Programs

The walk break ratios that Jeff has recommended for each pace group on training runs are below.

- 8 minute/mile: Run 4 minutes/walk 35 seconds
- 9 minute/mile: Run 4 minutes/walk 1 minute
- 10 minute/mile: Run 3 minutes/walk 1 minute
- 11 minute/mile: Run 2:30 minutes/walk 1 minute
- 12 minute/mile: Run 2 minutes/walk 1 minute
- 13 minute/mile: Run 1 minute/walk 1 minute
- 14 minute/mile: Run 30 seconds/walk 30 seconds
- 15 minute/mile: Run 30 seconds/walk 45 seconds
16 minute/mile   Run 30 seconds/walk 60 seconds

The walk break ratios are frequently misunderstood—they are permanent and not designed for people to "graduate" as the season progresses (i.e., you don’t go from 2 and 1s to 4 and 1s). This is not the way the program is designed.

Ratios may be adjusted during training runs and on race day after 18 miles for marathons and 9 miles for marathons. However, members should follow the ratios used in training if they have struggled during the last few miles or slowed down.

Walk break ratios may also change if, as a participant's running improves and they switch into a pace group with a different walk break ratio.