

## Why the Magic Mile?

The Magic Mile is a unique tool to help members determine realistic goals! The MM is the result of 15 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:

- Go to 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.myfavoriterun.com](http://www.myfavoriterun.com) or [www.usatf.org](http://www.usatf.org) Find a flat, uninterrupted one mile stretch.
- Warm up by walking for five minutes, then running one minute and walking one minute for 6 to 10 minutes. Next jog an easy 800 meter (half mile or two laps around a track).
- Run four acceleration gliders. (See *Galloway Training Programs* pages 113-115)
- Walk for 3-4 minutes.
- Run the one mile a little harder than normal pace. Follow the walk break suggestions provided, or walk 30 to 45 seconds at each quarter mile.
- On the first time trial, don't run all-out from the start – just a little faster.
- Cool down with by reversing the warm up.
- A school track is the best venue. Don't use a treadmill because they tend to be notoriously uncalibrated, and often show a farther and faster distance that was actually run.
- On each successive MM. try to better the pace by 20 to 30 seconds.
- Use the formula provided to see what time is predicted in the goal race.