A couple of things to know: The Magic Mile is not a race or a test, it's just a determination so please don't stress about it. Its purpose is to determine your personal training and race paces and what pace group and run/walk intervals you'll be doing. You will be placed in a pace group with members of approximately your same pace. We make sure everyone trains at a pace that is appropriate for them.

You should run, walk, or run/walk your Magic Mile at a pace that is difficult, but *not*a sprint or to the point of total exhaustion. (Jeff Galloway has a strict rule: No puking or dying!) You'll want to finish your mile, feeling like you couldn't go at that pace for another quarter lap.

How to do your Magic Mile:

Go to a high school track and warm up for 10 minutes or so. (Try to go earlier in the morning before the heat hits!) After your warmup, for your Magic Mile, you'll go four times around the track, which is about a mile using one of the middle lanes.

Start your watch and time your first lap. You want to try to sustain your speed for the entire mile, so try to pace yourself as best as you can (i.e., don't start out too fast). Continue running at a sustainable speed for the next three laps.

Ideally, your first lap is your slowest, with each succeeding lap a little faster and your last (4th) lap the fastest. That doesn't always work out, so don't worry if you start to slow down -- it just means you started too fast. You'll get the hang of it!

After your four laps, do a lap or two to cool down. Email me your overall time (I don't need the lap times).

Please let me know if you have any questions.