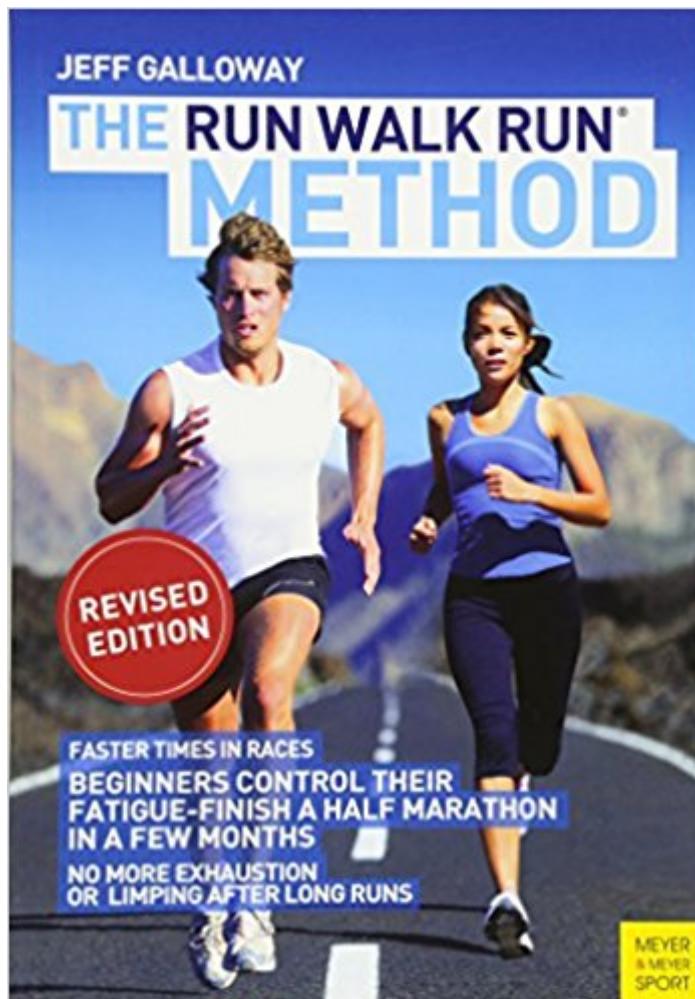


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# The Run Walk Run Method



## Synopsis

Jeff Galloway's injury-free marathon training program has helped hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUNTM, low mileage, three-day suggestions to an over 98% success rate. Runners will explore the RUN-WALK-RUNTM Method the principles of and mental and physical benefits behind the method. You will learn Jeff's Magic Mile, how to set up a running strategy, mental training, proper form and technique, drills, transitions, problem solving, running faster, race rehearsals, and more. Jeff's innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

## Book Information

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## Customer Reviews

Jeff Galloway was an average teenage runner who kept learning and working harder, until he became an Olympian. He is the inventor of the run-walk-run method and is a Runners World columnist, as well as an inspirational speaker for more than 200 running and fitness sessions each year. Jeff is a race director, race competitor, and an official Run Disney trainer. He has worked with over many thousands of average people in training for specific goals. Galloway's injury-free marathon training program led him to develop group training programs in 1978. Galloway is the designer of the walk-run, low mileage marathon training program with an over 98% success rate.

I've enjoyed this book. Am trying to get back into running after a long hiatus. I am over 60 so its not

an easy transition to get from walking 4 mi per day into running. The joints are complaining but with Galloway's recommendations, I hope to get past the creakiness.

The Run/Walk method is what I'm using to train for a half marathon. I've been able to go further with less fatigue! Great information and inspiration!

I used to run a lot, for about 30 years, racing 5 marathons, numerous 5-milers, 10k's, etc. I started having problems with my knees 7 or 8 years ago. I cut my running mileage down, but the knees progressively worsened. A year and a half ago I decided to stop running completely. I was still able to cycle and swim, but I really missed running. Two months ago, a friend told me about the "Run, Walk, Run Method" book by Jeff Galloway. I read the reviews and decided it was worth the small investment to at least try the method. Yes, the author repeats himself throughout the book, and maybe the whole thing could have been written in 50 pages or less. But by following the recommendations I am now running 10 miles a week, with no pain. If I never run any more than that, I would still be happy. I am at least enjoying running again. I am going to resist the urge to increase my miles beyond what I am doing, at least for a few more months. I am very happy with my purchase. Full disclaimer, I also switched to the minimalist, non-cushioned running shoe when I started running again 2 months ago, after reading about the merits of that type of shoe in the book "Born to Run" by Christopher McDougall. That may also be contributing to my successful return to running, but without the "Run, Walk, Run Method" my minimalist shoes would be still sitting in the closet.

I was already using the Walk/Run method before reading the book, but reading the book solidified my stance on continuing to use it. Love Jeff Galloway!!

I never thought I'd love to run. However by utilizing Jeff's methods not only do I look forward to running, I enjoy it. I hope to do my first 1/2 marathon in the spring.

Perfect book for me who is attempting my first marathon in November. I do run-walk so this was great at helping me figure out how to approach a race longer than previous races (I've done 10 half marathons).

I enjoyed Jeff Galloway's run walk run book. I found it and his website very enlightening,

encouraging and helpful. I run differently now after reading his work. And I feel better about my running strategy and form. I believe now that I can and will run a half after reading this book. The only beef I have is that the book tends to repeat itself.

A great book to ease back into running later in life.

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