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Marathon: You Can Do It! details

Olympian Jeff Galloway's revolutionary

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walk/run training methods that have enabled tens of thousands of people to run marathons. This innovative method opens up marathon running to everyone -- not just rock-hard athletes, but also those who may be out of shape, overweight, or past their athletic prime.

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~~Marathon: You Can Do It!:~~

~~Amazon.co.uk: Galloway, Jeff ...~~

Marathon running is a sport that many consider too daunting, better in the viewing than the doing. Olympian Jeff Galloway dispels such notions in a book that takes the mystery and

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misery out of distance running. Marathon! shows how just about anyone can run a marathon and, given the right attitude and training, finish the race.

~~Marathon: You Can Do It!~~ by Jeff Galloway

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the author had mentioned jeff galloway's : "Marathon - you can do it" and how she had been inspired. I searched for the book online and came across the book and this one (half marathon) too. A full marathon seemed like too big a goal (it still is), so i decided to get this one - the half

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marathon.

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book that takes the mystery -- and misery -- out of distance running. Marathon! shows how just about anyone can run a marathon and, given the right attitude and training, finish the race. Galloway has designed a low-mileage marathon training ...

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You can do it even though there will be times when you don't think you can. Running a marathon will give you a buzz that's hard to describe, particularly in a big city event with the added bonus of the crowd support and

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it's something that virtually all of us can achieve.

~~Running a marathon - you can do it!~~

~~Phab kids~~

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Galloway

Marathon: You Can Do It!. The Jeff Galloway training program is based around taking Walking Breaks to increase the distance that can be covered, and to run the Long Runs slowly. These plans are a good candidate for a 4:30-5:30 marathon

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runner and probably the best option for 5:30+ hour marathon runners.

~~Jeff Galloway's Marathon: You Can Do It! - Fellrnr.com ...~~

To run a 4:30 marathon, you'll need to do approximately 10 minute miles for the entire course. To break 4:30, you

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should be capable of running a sub-2:00 half-marathon and a sub-53:00 10K.

~~How to run a marathon—free
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Marathon running is a sport that many consider too daunting, better in the

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viewing than the doing. Olympian Jeff Galloway dispels such notions in a book that takes the mystery — and misery — out of distance running. Marathon! shows how just about anyone can run a marathon and, given the right attitude and training, finish the race.

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the author had mentioned jeff galloway's : "Marathon - you can do it" and how she had been inspired. I searched for the book online and came across the book and this one

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(half marathon) too. A full marathon seemed like too big a goal (it still is), so i decided to get this one - the half marathon.

~~Half Marathon You Can Do It: Jeff Galloway ...~~

If you are already running/walking

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more than this amount and are able to recover between workouts, you may continue to do what you are doing—but be careful. 1. I don't recommend that first-time marathon participants try for a time goal. Do the first one to finish, running/walking at a comfortable training pace. 2.

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~~Marathon Training | Jeff Galloway~~

Marathon: You Can Do It! Jeff Galloway. 3.7, 70 Ratings; \$9.99; \$9.99; Publisher Description. Jeff Galloway developed unique training programs ten years ago showing runners how to train for, and finish a

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marathon. Galloway's success using walk breaks throughout race training has led tens of thousands of average people to experience the unique ...

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If you're running at a comfortable pace, your body has the ability to flush it away. But as you start to run faster and work harder, there comes a point

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when your body can't do that quickly

...

~~Interval training: How it works~~

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Marathon: You Can Do it by Jeff

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Overview Marathon: You Can Do It! details Olympian Jeff Galloway's revolutionary walk/run training

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methods that have enabled tens of thousands of people to run marathons. This innovative method opens up marathon running to everyone — not just rock-hard athletes, but also those who may be out of shape, overweight, or past their athletic prime.

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~~Marathon: You Can Do It! by Jeff Galloway, Paperback ...~~

'You Can Do It' signs from Coventry Half Marathon! 23. Cov Half Marathon - You Can Do It 'You Can Do It' signs from Coventry Half Marathon!

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Details Jeff Galloway's walk/run training methods including the new "magic mile" time trial, fat-burning techniques, and adjustments in the weekly schedule to prevent injuries and improve performance.

If you are thinking about training for a

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Half-Marathon, Jeff Galloway can help you prepare well, enjoy the training and grow from the achievement of crossing the finish line. This book is filled with tips on how to stay motivated and eliminate aches and pains and injuries.

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Author of the best-seller "Marathon – You can do it!", Galloway now offers together with his wife a state-of-the-art book on the highly popular half-marathon distance especially for women. Jeff's trademarked run-walk-run method has helped hundreds of thousands of average people to get off

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the couch, train for marathons and half-marathons without injury and has helped veterans to improve times. This book offers a step-by-step program for women that starts with setting up your training each week. Jeff and Barbara will show you how to select a realistic goal, and which workouts are needed

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to prepare for various performances. The book is loaded with tips especially for women on how to stay motivated, eliminate aches, pains, and injuries, with the minimum training needed to enjoy other aspects of life.

The first dedicated book on marathon

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and half marathon training from the renowned experts at Runner's World
Runner's World Big Book of Marathon and Half-Marathon Training gives readers the core essentials of marathon training, nutrition, injury prevention, and more. The editors of Runner's World know marathon

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training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book includes testimonials from real runners, more than 25

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training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans. Runner's World Big Book of Marathon and Half-Marathon Training is a powerful and winning resource—the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

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For any runner considering training for a half marathon, author and running coach Jeff Galloway can help you prepare to train, enjoy training, and cross the finish line strong. In this book, Olympian Jeff Galloway outlines for each runner how to select a

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realistic goal and what workouts to use to best prepare for the race. He includes tips for staying motivated while at the same time eliminating aches, pains, and injuries. He also assures runners that their training will not completely consume their time so that they can train successfully while

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still enjoying other aspects of life. The author's successful and unique run-walk-run training method has helped thousands of average people train for half marathons, even if they have never run before. Using this program, even veteran runners can improve their personal bests. With this book,

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every runner will be given a step-by-step guide on setting up their training each week so that they will finish the half marathon strong!

Athlete. Runner. Marathoner. Are these words you wouldn't exactly use to describe yourself? Do you consider

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yourself too old or too out of shape to run a marathon? But somewhere deep inside have you always admired the people who could reach down and come up with the mental and physical strength to complete such a daunting and rewarding accomplishment? It doesn't have to be somebody else

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crossing the finish line. You can be a marathoner. The Non-Runner's Marathon Trainer is based on the highly successful marathon class offered by the University of Northern Iowa, which was featured in a Runner's World article titled "Marathoning 101." The class has

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been offered five times over 10 years, and all but one student finished the marathon. That is approximately 200 students -- all first time marathoners and many with absolutely no running background. This book follows the same 16-week, four-day-a-week workout plan. What makes the

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success rate of this program so much higher than any other? The special emphasis on the psychological aspects of endurance activities. You don't have to love to run -- you don't even have to like it -- but you have to realize that you are capable of more than you have ever thought possible.

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One participant in the program explained it like this: "I'm doing this for me -- not for others or the time clock. I just feel better when I run, plus it helps me to cope with things in general. The skills we've learned in this class don't apply just to marathoning -- they apply to life! Just like you never know what

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the next step in a marathon will bring, so too, you never know what will happen next in life. But if you don't keep going, you're never going to find out. By staying relaxed, centered, and positive you handle just about anything that comes your way." This is marathon running for real people,

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people with jobs and families and obligations outside of running. The Non-Runner's Marathon Trainer has proven successful for men and women of all ages. Now let it work for you.

Hal Higdon's Half Marathon Training offers prescriptive programming for all

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levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

Jeff's quest for the injury-free marathon training program led him to

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develop group training programs in 1978, and to author Runner's World articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN™, low mileage, three-

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day suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running

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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.

Old-school marathon training plans

Page 57/64

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ask runners to crank out 70 to 100 miles a week. It's no wonder those who make it to the start line are running ragged. Smart Marathon Training maps out a healthier, more economical approach to training that emphasizes quality over quantity. This innovative program eliminates junk

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miles, paring down training to three essential runs per week and adding a dynamic strength and cross-training program to build overall fitness.

Runners will train for their best performance in less time and avoid the injuries, overtraining, and burnout that come from running too much. Smart

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Marathon Training builds up a runner's body to resist injury. Runners gain the strength they need to run long using functional exercises that target the hips, glutes, and quads. Running is a full-body sport, so this training program also builds a strong core and upper body to avoid injuries that begin

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above the waist. No one fakes a marathon or half-marathon--everyone has to do the work. But Smart Marathon Training replaces long, grinding miles with low-impact cross-training. Horowitz outlines a cycling plan to complement run workouts, boosting base fitness while saving

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runners' bodies for their best runs. With more than 75 detailed exercises plus six easy-to-follow training plans for half- and full marathons, Smart Marathon Training will get you to the start line feeling refreshed and ready to run your best race yet.

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"Preston the mouse has always dreamed of running in the New York City Marathon and even when his family says he cannot do it, Preston refuses to let go of his dream"--

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Page 63/64

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