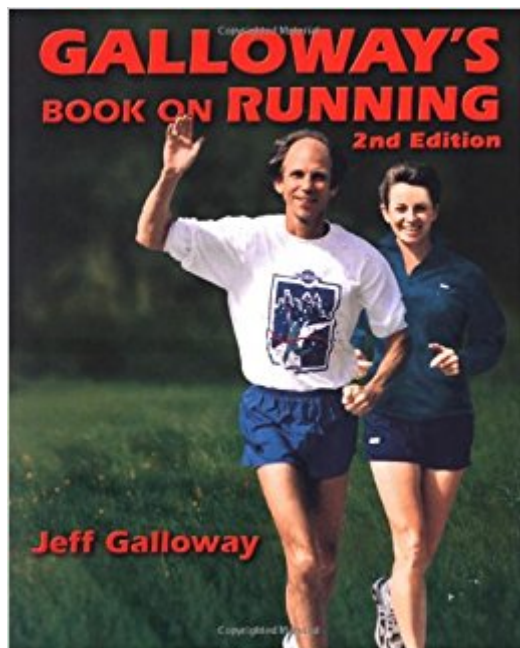


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# Galloway's Book On Running



## Synopsis

Olympic athlete Jeff Galloway shows how amateur runners can use the same training principles followed by world-class runners. He tells beginners how to get started, explains his ideas on stress and rest, and reveals secrets for running better. In this completely revised and updated new edition of the classic text on running, Galloway includes training schedules for 5k, 10k, and the increasingly popular half-marathon races, as well as recent insights into motivation, nutrition, and fat burning. Runners at all levels will benefit from this seasoned athlete's wisdom.

## Book Information

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## Customer Reviews

As someone who is preparing for their first half-marathon, I have never used the Galloway method, although there are several people on the training team who do use it. I wanted to get the book first just to determine the best way to handle my once-weekly long runs over 10 miles. Based on his advice, I was able to get through the first 10-mile run feeling better than the prior week of 8 miles without hitting the wall like I did the week before. That was without even doing any walking. With that said, once I finish this event, I want to try his method in future to see if it helps me feel better, decrease my overall time, and get through the training cycle for another half marathon. The book is well written, easy to understand, and hopefully will help me with that goal. I would recommend this book as it has works for thousands of folks. Have an open mind and see what happens.

In my opinion, the best book I have read in this sport, but it can be improved by inclusion of:1. marathon programs.2. The magic mile trial.I like the scheme used for shelter publications to present

the information in this book. If Mr. Galloway include in this book the two points indicated above in other edition, he doesn't need to publish more about the topic. Period. Higly recommended reading. Combine this book with "Marathon you can do it!" and you'll have all the information about theory of run-walk-run method.

I really enjoy this book with the plans and suggestions. Jeff Galloway makes training seem 0% stressful and all about enjoyment. I highly recommend his methods. My 5 star rating is for the methods. The book itself is a bit...unedited. If I had to rate the writing of the book then it would be around 2 stars. It bounces around from point to point, hitting on topics incompletely without telling the reader about the full chapter about the topic later. Also, there are several typographical and conversion errors. A few times the text refers to 'something' later in the chapter (more text, a graph, sections) that never happen....the chapter just ends. Very strange. I wish it had a full marathon training plan too. But, whatever. Its a good plan and I bought his full marathon book as well (arriving today!). I would rather have a book full of good, sound, enjoyable ideas than a perfectly edited book full of technical-intimidating information.

I have beenb working with a trainer for over a year and mentioned one day that I had always wanted to be a runner. Slowly I began to jog and then decided that I wanted to go faster. At 69 years of age one has to be careful and cofident. My trainer and this book has be jogging/ running two miles !

"Galloway's Book on Running" by Jeff Galloway has become a running classic, providing the basics about running, training, and racing for years. Galloway does not presume the runner is a casual "New Year's Resolution" jogger who will likely quit in a month. Instead, he looks to build a foundation of sensible workouts, leading to genuine fitness, endurance and speed. He gives instruction of every detail important to new and intermediate runners, from stretching to hydration, from injury management to weight loss, from running for kids to running after age 40. Especially useful for runners looking to transition from running occasionally, to running as a lifestyle. Whether for fitness or for racing, there is enough here to progress through to the next stage. Galloway presents training charts, for example, for those looking to run a 5K. If your goal is to finish the 3.1 mile race, or to run about 17:00, there is a chart customizing the necessary training -- four charts per distance (5K, 10K and half-marathon). Shoes are a key part of a runner's uniform, and there's a chapter on that. There are also sections focused on women's running, the mental aspects of running, and proper form. Jeff Galloway's credentials as a runner are topnotch, but he has years of

experience training runners at all levels. I am convinced this book will provide all a runner needs at those crucial early levels and beyond. I fully recommend "Galloway's Book on Running," and am giving it as a gift to a friend this Christmas. Anthony Trendl[...]

This is his BIG overall book, from Shelter Publications. I had wanted this one for reference, when I got beyond needing beginners' advice and help. Its a good book, stands alone; so if you dont buy any other Jeff Galloway's books..at least have this one on hand.

Best running book I've come across. I've run 11 marathons since buying the book. Its written in very straight forward style,, , very balanced and pragmatic, with advice on a large assortment of running issues. With the walk run method, you can really enjoy running with out the stress of trying to keep going at any cost. Its probably the main reason i'm still running. Anyone I've referred this book too has become a real believer .

I've only been running seriously for a few months and I found this book useful. I particularly liked the information about the mechanics of the body and running form. I'm trying a few things differently since reading it and my speed has picked up on my long runs. It also has some home truths about weight loss that might make you think twice next time you pick up a biscuit and think "I've been for a run....." I think Jeff Galloway's walk/run method is very do-able and might be a particularly useful strategy for new runners. I've been checking in with a physio and doing walk/run and I haven't had any major disasters - now running 8ks and registered for a half-marathon this April. Yay! Love running :)

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