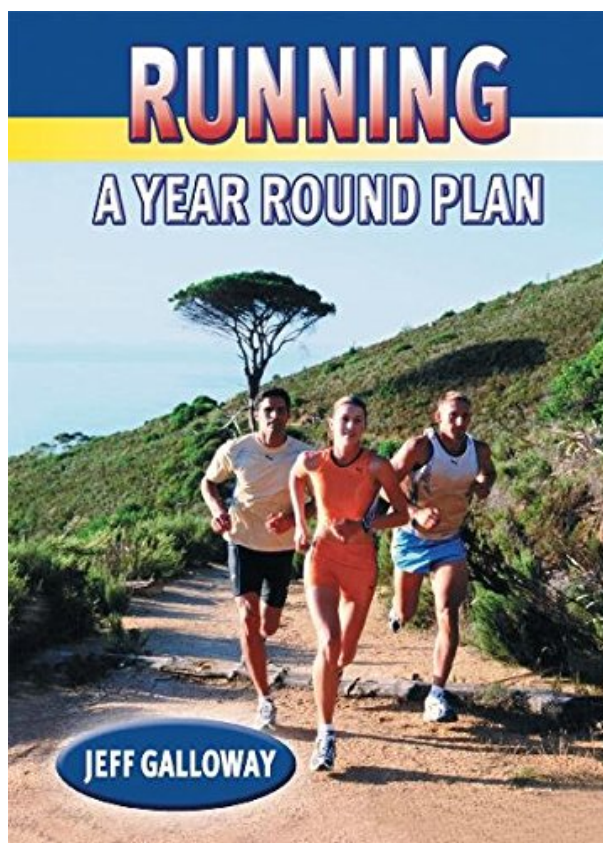
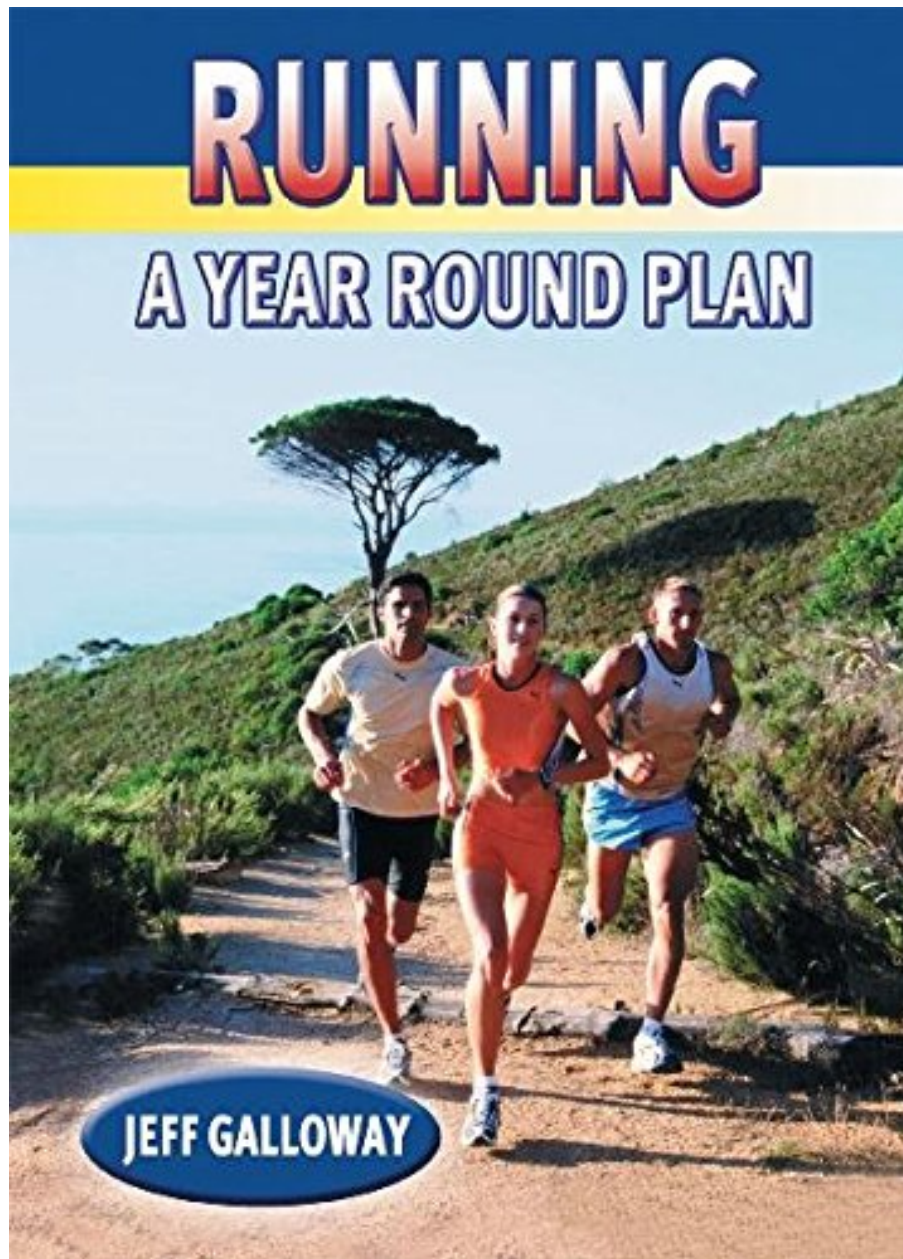


RUNNING: A YEAR ROUND PLAN BY JEFF GALLOWAY



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About the Author

JEFF GALLOWAY, based in Atlanta, Georgia, was an average teen age runner who kept learning and working harder, until he became an Olympian. He is the author of the best-selling running book in North America and a *Runner's World* columnist, as well as an inspirational speaker to over 200 running and fitness sessions each year. Jeff Galloway spends the time necessary to answer the questions of thousands of beginners, recreational runners, aspiring marathoners and time goal runners every year. His innovative ideas open up the possibility of running and a healthy lifestyle to almost everyone.

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This book will take anyone, at any level of fitness, into the running lifestyle. Jeff Galloway, a US Olympian in 1972, has helped over 150,000 people make this journey while reducing or eliminating aches, pains, and injuries.

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- Number of items: 1
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- Binding: Paperback
- 256 pages

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Most helpful customer reviews

15 of 16 people found the following review helpful.

Good stuff but not What I expected, More for the Marathoner

By Daniel Hurley

I enjoyed "Galloway's Book on Running", and that is the better book, if you are going to purchase one of his. This book fell short from what I expected. What I was expecting was a book that addressed year round training from a physiology stand point, when to ease up and focus training to build toward those goal races, those favorites' races where you want to perform at your best. Along with that, inclusion of how to maintain reasonable fitness during recovery, non-injury periods would have been helpful. So many great races are offered all year round, a constructive guide on peaking, how much time to scale back for physical recovery and retooling, types of recommended workouts for that maintenance period was what I was hoping for. Lots of great nuggets on the side that are always useful such as vitamins, GPS, heart monitors etc. The training plans are also designed for marathoners and I was also hoping for 5K, 10K and half training references as well. The book is also written more for the entry level runner. Go with "Galloway's Book on Running", much of the same information is contained with a broader appeal.

4 of 5 people found the following review helpful.

A little lite in the details

By P. Mooter

I am getting ready to attempt to qualify for the Boston Marathon so I was looking for a book with lots of details, and this one is a little lite on that. It's a FAST read, mainly because of all the pictures, so for me it

seems a little "fluffy" and needs more details. Probably not a bad book to start with if you're looking into the Jeff Galloway method of running (which I am 100% sold on when it comes to long distances or even just getting started. You can read more about my 1st Ultra using Jeff's program [...])
For more detail info get Jeff's "Marathon, You can do it" book.

19 of 20 people found the following review helpful.

A good book for All Types of Runners

By codegeek

This book is good for someone that is looking for a plan. It has three different levels, A, B, and C, depending on what your goals are. If you just want to run (x) number of miles a week, then search the internet for plans that do just that. What I like about this book is that it offers advice on steadily improving both your running technique and distance. It has guidance on drills and tempo work, as well as advice on how to recognize and treat injuries. What I didn't like about the book was the fact that the A plan only exercised three days a week, and the B plan exercised four, but the mileage was too aggressive. Using my own intelligence, I am using a hybrid of the two. But that in no detracts from the usefulness of the book for a new runner like me.

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