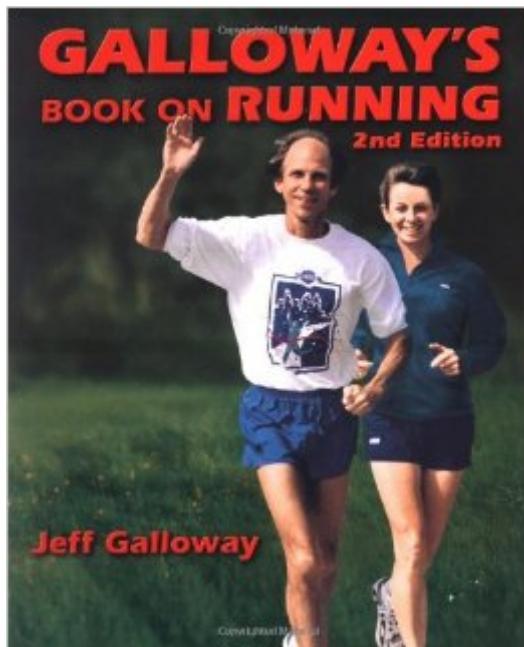


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# Galloway's Book On Running



## 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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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (96 customer reviews)

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## Customer Reviews

This book is perfect for those who have just discovered running and would like a primer on how and how not to train. Its main strength is its well-rounded nature, containing everything from historical anecdotes to nutrition and tips for older runners. Galloway's voice is humane and humble. At least in this book, he practices what he preaches: an oversized ego is an obstacle and running is done for the joy it brings. After reading sections of this book, I did some late-night running at the campus track and I could see where a lot of runners were going wrong. They were trying so hard to run that after a few minutes they were exhausted. Galloway's book is more well suited to people who want to take the long and slow road, built on slow and long runs, to greater speed and eventual marathon competition. It might also be a bizarre, yet inspired, gift to your favorite couch potato (Just make sure he or she's not the type to get pissed at such a suggestive gift).

I was never a runner, I'm in my mid-30's, mom of kids, and I realized that I needed to get in shape,

like zillions of other moms out there. My friend does 5k's every chance she gets, and I just got overwhelmed by her athleticism and what she could do, because I \*knew\* I couldn't do it. But then, my neighbor who lost 100 lbs, in 1 year, from training for the marathon by using this book, gave us this book. I was so surprised at how Galloway tells you how to pace yourself! He gives this schedule that allows you to see your improvements but not feel like you must exercise EVERY DAY to achieve it. I learned so much about running, and ran my first 5k last fall!! I still don't like running, but I \*love\* what it does for me - I'm in great shape, stronger, and I have tons more energy to deal with my kids!

A great book with one exception. I purchased the First edition of this book and used it as a guideline for my 1st marathon. In preparation for a 2nd marathon, now several years later, I purchased the second edition as I lost the first book. I was disappointed to discover that this edition does not include a marathon Training Program.

I had been running for a couple of years, Doing 5k and twice a 10k. I had made great progress dropping from 185 pounds to 155 pounds. However my progress had stopped, I could not break the 29 min barrier on 5k or the 60 min barrier at 10k. Not until I read Galloway's book, yes all of it, did I understand enough about how running works to make some goals. It is funny while informative, Answers the questions you want asked, differentiate what is his opinion and what he believes is fact. I am now on the verge of a Half marathon and have little doubt i will make my goal of 2hr 20min. Not bad for a 55 year old. I reccomend it highly. And oh yes, I have done a sub 27 min 5k

Whatever you need to know about running, this is the book. There is some entertainment value but I found the tables for planning a 5K, 10K, and marathon very useful. The information on injury is extremely useful; Galloway even tells you when to give up on self-treatment and seek a doctor. This is the one book you absolutely need to train and compete. If this review was helpful, please add your vote -- Thanks.

I love this book. Jeff Galloway provides a program in which anyone can run. By incorporating "walk/shuffle" breaks you increase your endurance with minimal injury. Similar to "The Penguin"'s program but allows you to increase both speed and endurance to your maximum potential. I am running a half marathon on June 20, 2009 in Alaska for Team in Training and I have been utilizing Jeff's program. I average a pace of anywhere from 11.5 to 12.5min/mile. That may seem turtle slow

for seasoned runners but for a 53 year old woman who never ran until a year ago it is amazing; without Jeff's program I don't think I could have done it.

"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[...]

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