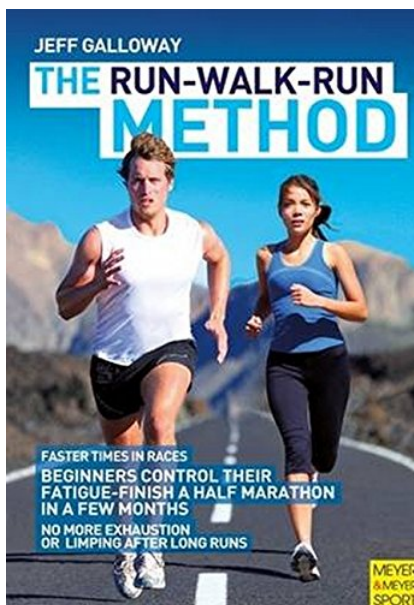


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Jeff Galloways injury-free marathon training program has helped hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN, low mileage, three-day suggestions to an over 98% success rate. Runners will explore the RUN-WALK-RUN Method the principles of and mental and physical benefits behind the method. You will learn Jeffs 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. Jeffs 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.

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