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## THE RUN WALK RUN METHOD



Meyer & Meyer Fachverlag Mai 2016, 2016. Taschenbuch. Book Condition: Neu. 240x165x mm. Neuware - Jeff's quest for the injury-free marathon training program led him to 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(TM), low mileage, three-day suggestions to an over 98% success rate. Jeff has worked with...

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- Authored by Jeff Galloway
- Released at 2016



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