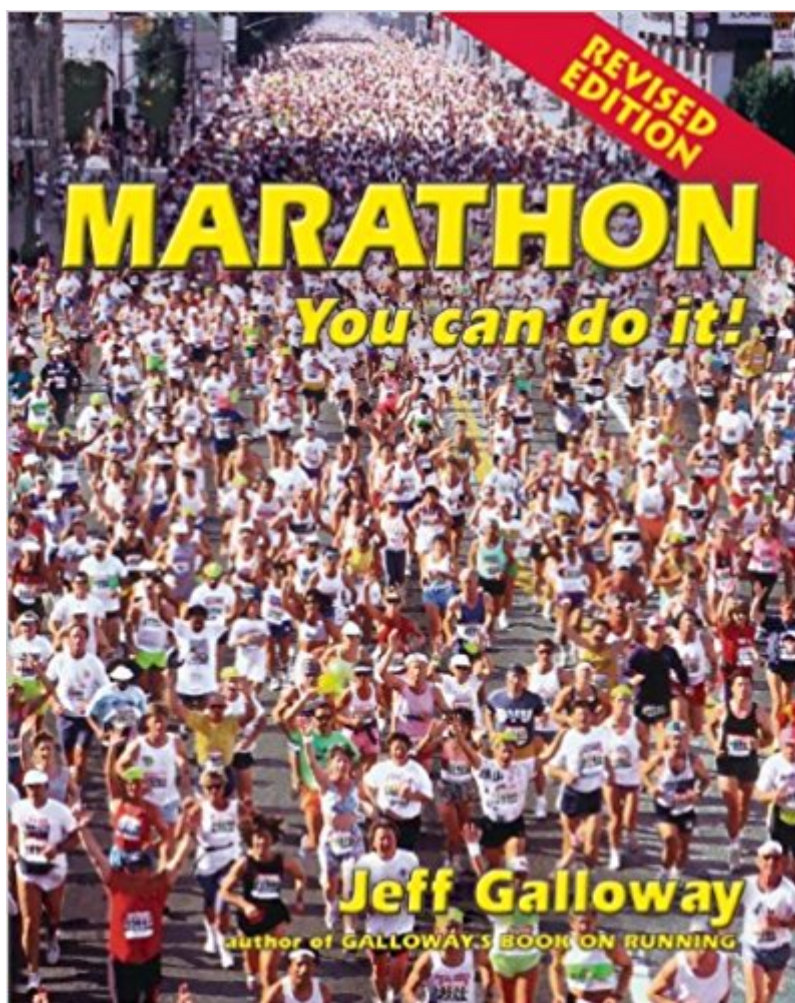


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# Marathon: You Can Do It!



## Synopsis

Marathon: You Can Do It! details Olympian Jeff Galloway's revolutionary walk/run training methods that have enabled tens of thousands of people to run marathons. This innovative method opens up marathon running to everyone; not just rock-hard athletes, but also those who may be out of shape, overweight, or past their athletic prime. This updated edition includes the new "magic mile" time trial, fat-burning techniques, adjustments in the weekly schedule to prevent injuries and improve performance, and quick fixes to keep runners motivated during latter stages of marathon.

## Book Information

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## Customer Reviews

"Galloway's success in using walk breaks...has led tens of thousands of people to experience the accomplishment of running a marathon."

Last fall I decided that I would start checking things off my "Bucket List". I really had no idea that running a marathon was even on the list. At 55 years of age and 60 pounds overweight, perhaps this idea was lunacy. In any event, I bought some running shoes, dieted a bit and found a training program. As any sane person might imagine, I discovered some things. 1. Running was hard. 2. Running wasn't fun. 3. You can hurt yourself plodding down the road as an overweight, out of shape, "older" person. In fact, I did ultimately hurt my left knee. I decided to take break and let things heal up. While on the break, I decided to check another item off my bucket list. I learned to surf on the North Shore on Oahu. What a trip that was. I also discovered Jeff Galloway's web site. After much

thought and reading, I decided to purchase this book, along with the Gymboss interval timer and give Jeff Galloway's program a shot. I must say, I have been happy with the run/walk/run method. Of course, I had to get over the mental aspect of walking when I was supposed to be running. However, I found that I actually was completing my runs in a faster time (Jeff notes this in this book) and I am injury free! I am following one of the several training programs he includes in the book. I have signed up for my first marathon (Honolulu 2014 in December) and am now really enjoying the training. So here is what I have now found using the Jeff Galloway method. 1. Running is hard but easier when you take a more sane approach (e.g. run/walk/run). 2. Running is fun and you feel better after running. 3. You can run as an overweight, out of shape, "older" person and not hurt yourself. I know this may sound crazy, but give it a shot. You won't be disappointed.

I am 56 years old and new to running, this book was recommended by a friend. I am using Galloway's plan and have progressed from 20-yard runs (then out of breath !) to 18 miles, I expect to run my first marathon in 8 weeks. In addition to the basic plan of run+walk, he covers diet, mental preparation, accounting for age and heat, a guide for race-day, he has given me the confidence that I can do it (and until now I have many long runs to prove he is right !). He is not over-intense to the point of being un-believable, instead he gives many examples from his own experience and students of his method to demonstrate each point. I am following the beginner plan for my first marathon - he also gives advanced plans for improving time, etc.

Great starters guide to running more. I'm about twelve weeks into the marathon program in this book and meeting milestones easily. If you're not running at all or enjoy running a little but want to increase your distance I would highly recommend giving this a shot. This does preach Jeff's run/walk method so I would go on with an open mind and give it a shot. I went from casually running about 10 miles a week to breaking 20 and still feeling up for more. I will try to remember to update this if I finish that marathon.

Got me through my first Marathon after another training program left me injured. At the end of this book you can continue with Run /Walk or strike out on a full run program - you will be in shape enough to do so. The great thing about this program is that it kept me from pushing past where I should have been - given the base miles I had - and I bet it kept me from a repeat injury that I had sustained when trying to do it myself and push my self too hard to fast and for too long. I met Jeff at the Marine Corps Marathon and he is truly a kind, helpful, and positive soul.

This book worked really well for me. I used Jeff Galloway's run/walk method to pace my long runs the entire time I trained. When I started training in April, I had little to no running or race experience. I just completed the NYC Marathon last weekend with a time of 4:31:06, which I was very proud of! I ran for 4 minutes and walked for 30 seconds the entire way. Worked like a charm for me :-)

I was 100lbs overweight when I decided to start running. A friend gave me this book and I used his method to wog/wiggle my way through 3 half marathons in one year!! I will do 4 this year and a full next year! Very doable and yet challenging. Recommend to anyone! This book gives lots of info that can be used for HALF marathon training as well as full. It has schedules to fit the VERY beginner to a not so beginner/more experienced runner. Love Love Love this method!!!

Jeff Galloway is best guide for people who either start running over 30 or who have an injury. I recommend this book without reservation. I started running 3 years ago and have run 4 marathons and 12 half marathons using Jeff's method.

This book provided the plans, suggestions, and motivating anecdotal testimonies I needed to kick the running goal up to the next level. I was always skeptical of the methodology run/walk/run but after seeing it in action at the Albany Snickers Marathon decided to give it a try. I'm now a firm believer in the program and haven't suffered any time loss while using it. Great for beginners or any "bored" runner wanting to up their game!

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