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It

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



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may be out of shape, overweight, or past their athletic prime.

~~Marathon: You Can Do It!:~~

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Marathon running is a sport that many consider too daunting, better in the viewing than the doing. Olympian Jeff

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Galloway dispels such notions in a book that takes the mystery and misery out of distance running. *Marathon!* shows how just about anyone can run a marathon and, given the right attitude and training, finish the race.

~~Marathon: You Can Do It! by Jeff~~

*Page 10/31*

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Galloway

the author had mentioned jeff galloway's :  
"Marathon - you can do it" and how she  
had been inspired. I searched for the book  
online and came across the book and this  
one (half marathon) too. A full marathon  
seemed like too big a goal (it still is), so i  
decided to get this one - the half marathon.

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~~Half Marathon: You Can Do it:~~

~~Amazon.co.uk: Galloway, Jeff ...~~

Marathon running is a sport that many consider too daunting, better in the viewing than the doing. Olympian Jeff Galloway dispels such notions in a book that takes the mystery -- and misery -- out

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of distance running. Marathon! shows how just about anyone can run a marathon and, given the right attitude and training, finish the race. Galloway has designed a low-mileage marathon training ...

~~Marathon: You Can Do It! - Jeff Galloway~~  
~~-Google Books~~

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You can do it even though there will be times when you don't think you can.

Running a marathon will give you a buzz that's hard to describe, particularly in a big city event with the added bonus of the crowd support and it's something that virtually all of us can achieve.

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~~Running a marathon - you can do it!~~ | Phab  
kids

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Galloway

Marathon: You Can Do It!. The Jeff  
Galloway training program is based



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around taking Walking Breaks to increase the distance that can be covered, and to run the Long Runs slowly. These plans are a good candidate for a 4:30-5:30 marathon runner and probably the best option for 5:30+ hour marathon runners.

~~Jeff Galloway's Marathon: You Can Do It!~~

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~~—Fellrnr.com ...~~

To run a 4:30 marathon, you'll need to do approximately 10 minute miles for the entire course. To break 4:30, you should be capable of running a sub-2:00 half-marathon and a sub-53:00 10K.

~~How to run a marathon — free marathon~~

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~~training plans for ...~~

Marathon running is a sport that many consider too daunting, better in the viewing than the doing. Olympian Jeff Galloway dispels such notions in a book that takes the mystery — and misery — out of distance running. Marathon! shows how just about anyone can run a marathon and,

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given the right attitude and training, finish the race.

~~Marathon: You Can Do It!: Galloway,  
Jeff: 9780936070254 ...~~

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online and came across the book and this one (half marathon) too. A full marathon seemed like too big a goal (it still is), so i decided to get this one - the half marathon.

~~Half-Marathon - You Can Do It: Jeff Galloway ...~~

If you are already running/walking more

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than this amount and are able to recover between workouts, you may continue to do what you are doing—but be careful. 1. I don't recommend that first-time marathon participants try for a time goal. Do the first one to finish, running/walking at a comfortable training pace. 2.

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~~Marathon Training | Jeff Galloway~~

Marathon: You Can Do It! Jeff Galloway.

3.7, 70 Ratings; \$9.99; \$9.99; Publisher

Description. Jeff Galloway developed unique training programs ten years ago showing runners how to train for, and finish a marathon. Galloway's success using walk breaks throughout race training

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has led tens of thousands of average  
people to experience the unique ...

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~~Marathon: You Can Do It!: Galloway, Jeff: Amazon.sg: Books~~

If you're running at a comfortable pace, your body has the ability to flush it away. But as you start to run faster and work harder, there comes a point when your body can't do that quickly ...

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~~Interval training: How it works - Runner's World~~

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Overview 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,

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overweight, or past their athletic prime.

~~Marathon: You Can Do It! by Jeff  
Galloway, Paperback ...~~

'You Can Do It' signs from Coventry Half  
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