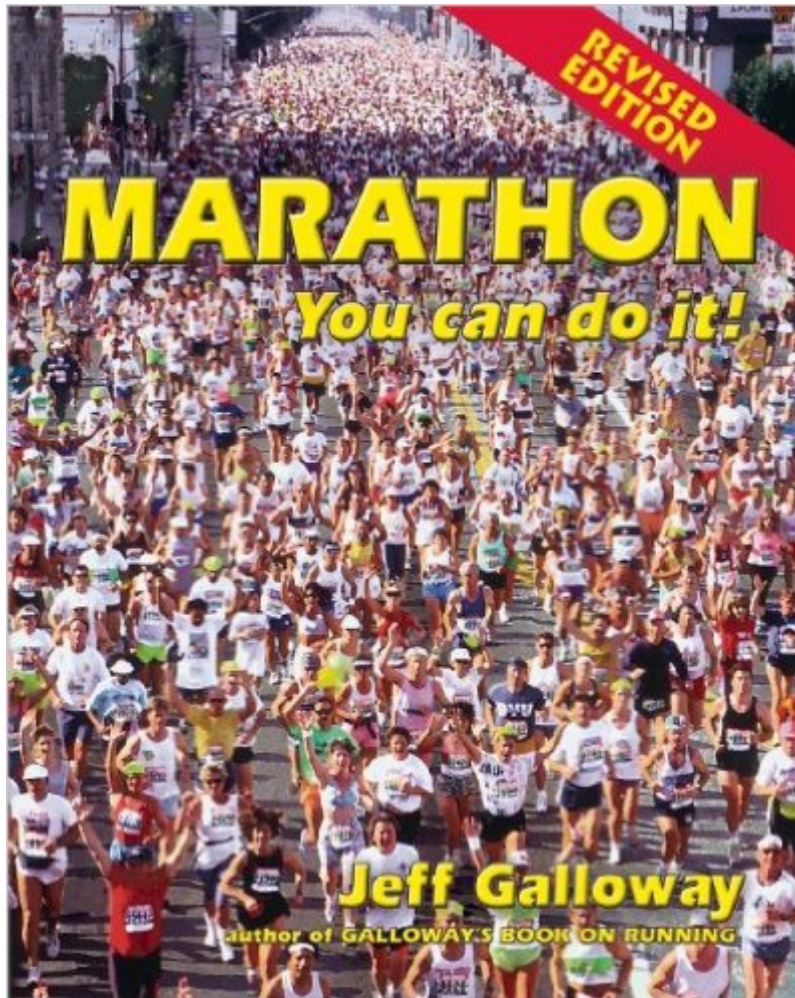


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# Marathon: You Can Do It!



## 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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Average Customer Review: 4.5 out of 5 stars See all reviews (93 customer reviews)

Best Sellers Rank: #90,149 in Books (See Top 100 in Books) #21 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #31 in Books > Sports & Outdoors > Other Team Sports > Track & Field #94 in Books > Sports & Outdoors > Miscellaneous > Reference

## Customer Reviews

...Respecting the Distance. Jeff Galloway is an Olympian who has run 130 marathons. That's why I chose to use his training program for my first marathon, because I believe he must know something about running. I am in my seventh week of training and doing wonderfully. People need to realize that Galloway's program is intentionally designed to get you to the starting line and through the marathon injury free and enjoying yourself, not hurting and tortured (although it's still going to be hard). There is nothing second-rate about walk breaks; he even gives the history of marathoning as having included walk breaks in the early days, and examples of modern record setters who took walk breaks. So push on the nay sayers. When I added walk breaks to my program, the fun immediately came back and I was able to run twice as far with a smile on my face the whole time, enjoying scenery, rather than plodding along like a mule. He backs up his advice with scientific reasoning that makes total sense: when you give the running muscles a brief rest from the

beginning and throughout the race, your legs stay fresh. You don't lose time because of this, and then you get to pass people later on, all while minimizing the risk of injury. I can't for the life of me understand why anyone would turn up their nose at that. Hopefully I'll be passing some of them on the course. As for the reviewer below who said that Galloway doesn't mention goo, that is just inaccurate. The important thing to remember (!) is that 26.2 miles is a LONG way. Anyone who crosses the finish line is a marathoner, period, whether you ran, walked or crawled. Galloway's training programs (there are 11 to choose from depending on your goals, even time goals for the competitive reviewer below...HELLO! CAN YOU RUN A 2:39?!

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