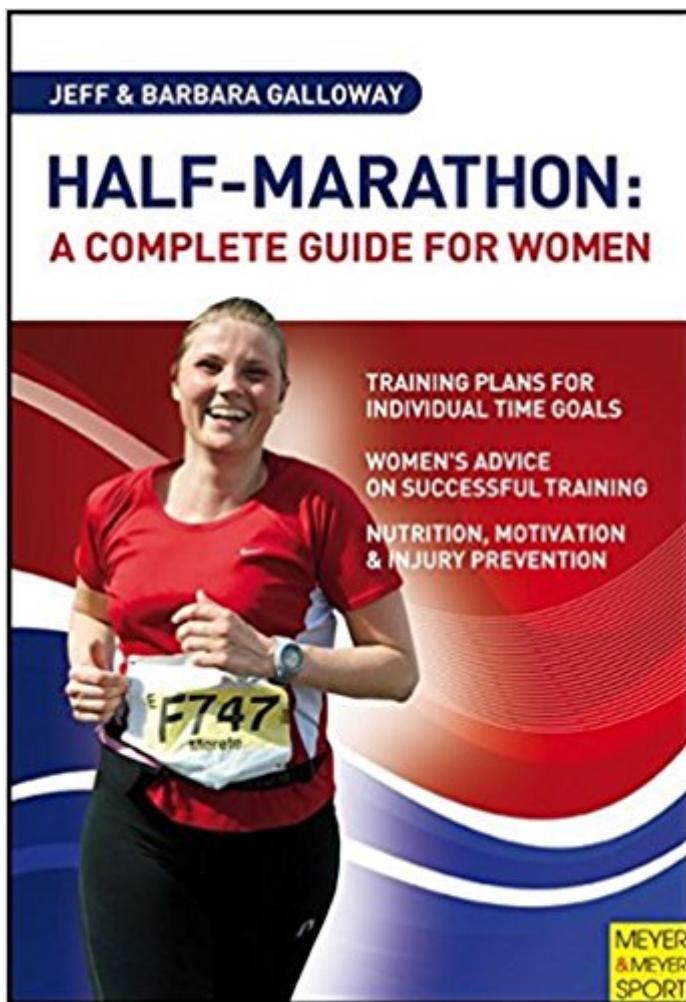


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# Half-Marathon: A Complete Guide For Women



## Synopsis

Author of the best-seller *Marathon You Can Do It!*, Galloway now offers together with his wife a state-of-the-art book on the highly popular half-marathon distance especially for women. Jeff's trademarked run-walk-run method has helped hundreds of thousands of average people to get off the couch, train for marathons and half-marathons without injury and has helped veterans to improve times. This book offers a step-by-step program for women that starts with setting up your training each week. Jeff and Barbara will show you how to select a realistic goal, and which workouts are needed to prepare for various performances. The book is loaded with tips especially for women on how to stay motivated, eliminate aches, pains, and injuries, with the minimum training needed to enjoy other aspects of life.

## Book Information

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## Customer Reviews

Jeff Galloway (born July 12, 1945 in Raleigh, North Carolina) is a former American Olympian. A lifetime runner, Galloway was an All-American collegiate athlete and a member of the 1972 US Olympic Team in the 10,000 meters. He remains a competitive athlete, continuing through a successful masters running career. He is the Chief Executive Officer of Galloway Productions, which conducts a broad range of training programs and events yearly; he also owns two running specialty stores. Jeff was an average teenage runner who kept learning and working harder, until he became an Olympian. He is the author of the best-selling running book in North America ("Galloway's Book on Running") and is a Runners World columnist, as well as an inspirational speaker for more than 200 running and fitness sessions each year. He has worked with over

200,000 average people in training for specific goals and Galloway's quest for an injury-free marathon training program led him to develop group training programs in 1978. Galloway is the designer of the walk-run, low mileage marathon training program (Galloway RUN-WALK method) with an over 98% success rate. Barbara Galloway has been a serious runner for years and was on the Florida State women's track team. Her best 10K time is 41:50, and marathon time 3:18. She has a master's degree in physical education and conducts running clinics during running vacation retreats at Lake Tahoe and Athens, Greece.

Although I'd been exercising for several years (through a 40 lb weight loss) I never really considered running. To be fair I was a terrible, slow runner all through school. Even though I did a ton of aerobics in the 80's and was a body builder for a couple of years running always felt out of my reach. Instead I turned to stationary cycling, elliptical training, and walking. However I always had this bucket list item that was run a 10K. At the time I said that (many years ago) I think it was a pipe dream - akin to saying star in a Hollywood blockbuster LOL. It wasn't until my brother in law started training for a marathon I ever really considered running and making good on the long ago goal. Though the BIL is an athlete and always has been the fact that someone close to me was running made me consider it. I'm very goal oriented so off I went to buy an app and do a C25K program (the app was Get Running and it was awesome!). Like everything else in my life I am always "all in". So as I neared the finish of the 5K and ran a couple races I started thinking about more. However some nagging issues with my calves surfaced again after nearly 30 years and I could see the straight running dream of my 10K disappear in front of my eyes. Then I heard about Galloway - so this is the first book I picked up. It was very good - very thorough and has a lot of good info. I really enjoy the format of the book - the way the chapters are laid out. The training plans make sense (though I do wonder about the conflict here with increasing mileage and the 10% rule since the training here seems to violate that 10% rule I keep hearing from everyone). I didn't necessarily think the women's parts were that amazing - but the info was good. Because I'm obsessive I also went and got Galloway's Book on Running and his Marathon You Can Do It! and I REALLY like the latter the best of all the books. It feels ultra complete, is written in a great style, and covers nearly everything you can think of (I'll edit my review when hindsight is upon me). For some reason that book is much more motivating to me. Though the content is largely duplicative somehow it makes me feel like I want to go out and run a marathon and this book here just feels like more research. It's a great book - I'd just recommend the other book more.

I am a newbie runner and had decided to work up to running a half marathon. Thanks to Jeff Galloway for creating a method that makes running semi-enjoyable for newbies and for a step by step process for finishing a half. So, far I haven't had any trouble completing workouts and am still injury free. No puking involved either! Written just for women and has great tips and tricks to make it fun. Highly recommend it and have already suggested it to my running buddies.

Overall, it was an encouraging book for runners using the run-walk method. I would have given the book five stars if the arrangement of information was better laid out and if it was explained better. For example, the Magic Mile process is explained in two places within the book. Also, I cannot understand how to accurately conduct a Magic Mile because the description is not explained well.

Galloway's book is straightforward and easy to understand and follow. His plan works! As an older (68) runner returning to running after many years, I have found his plan to be very accessible, the goals are attainable. My progress is a little slower than it might be were I younger, but there has been definite progress without injury.

This book was recommended to me by a friend who used it, and is running her 3rd half-marathon and now training for a full marathon next fall. We ran our first 5K's together 3 years ago. Although I haven't read it cover to cover, I have spent a bit of time going through it. It's exactly what I was looking for, and believe it will be a helpful tool for me.

I am a novice runner in training for my first half-marathon. Galloway's text 'decodes' running lingo and training tips into language I understand. His 'run-walk-run' method works! I am 8 weeks into my training and I'm injury-free!

I am a novice runner who can complete four miles after several months of building myself up. I learned that I was overtraining and have some great tools for a half marathon I hope I get into in April!

This might be a good start to Jeff's way of running and has some helpful features. I think most of things you need to know (as far as this technique is concerned) can be found online at either at Jeff Galloway's website or RunDisney.

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