

# Marathon You Can Do It Jeff Galloway

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the jeff galloway training program is based around taking walking breaks to increase the distance that can be covered, and to run the long runs slowly.

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the jeff galloway race weekend, which includes the 13.1 half marathon, named for olympian jeff galloway, barb's 5k , named for jeff's wife barbara, and the "fit ...

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sports training & coaching. jeff galloway is a world-class distance runner and author of the best-selling galloway's book on running. galloway, along with bill rogers ...

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