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I really wanted to give this 3 1/2 stars, but since all other reviews are four or five stars, I went for the low side since it has severe technical problems that need  
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### **Jeff galloway - wikipedia, the free encyclopedia**

Jeff Galloway (born July 12, 1945 in Raleigh, North Carolina) is an American Olympian and the author of *Galloway's Book on Running*. Jeff Galloway', Athens Marathon  
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**Jeff galloway - official site**

When I joined the Galloway Training Program the magic mile determined the correct group to train with. At age 54 I completed the Atlanta Marathon at my predicted goal

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Marathon: You Can Do It! by Jeff Galloway Marathon.You.Can.Do and finish a marathon. Galloway's success using walk breaks throughout race training has led

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Apr 04, 2006 Half-Marathon: You Can Do It is a collection of running wisdom and training programs of Jeff Galloway, one of best known running coaches and former 10k

**Marathon : you can do it! (book, 2001)**

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Half-Marathon: You Can Do It Jeff Galloway. March 15, 2011 by Sarah. This book is quick and easy with lots of specific tips. The presentation is colorful

**Marathon : you can do it! (book, 2010)**

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Marathon : You Can Do It! by Jeff Galloway (2001, Paperback) (Paperback, 2001) Other Editions Author: Jeff Galloway Illustrated by: David Willis

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Sep 22, 2009 I was scheduled to run a marathon in March of 2007. In February of that same year I suffered a pretty significant injury that left me unable to run for 6

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