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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! (book, 2010)

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Incorporating the Galloway Method into Your Training Plan. If you decide that the concept of incorporating run/walk intervals into your training is something that you

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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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