



Jeff Galloway - Your Personal Running Journal

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Jeff Galloway tells how to set up a successful training program to avoid injury, improve endurance and run faster. Galloway's magic mile; is used to predict performance and set a safe pace for long runs Specific run-walk-run strategies are set up based upon current ability. Scheduling of running form drills is explained. Galloway details how to use the training journal to schedule long runs, drills, speed workouts rest days, etc. The 52 week journal is easy to use and easy to analyze.

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