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Marathon: You Can Do It!

Jeff Galloway

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Marathon: You Can Do It! details Olympian Jeff Galloway’s revolutionary walk/run training methods that have enabled tens of thousands of people to run marathons. This innovative method opens up marathon running to everyone — not just rock-hard athletes, but also those who may be out of shape, overweight, or past their athletic prime. This updated edition includes the new "magic mile" time trial, fat-burning techniques, adjustments in the weekly schedule to prevent injuries and improve performance, and quick fixes to keep runners motivated during latter stages of marathon.

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