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Half-Marathon - You Can Do It

Jeff Galloway

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Half-Marathon - You Can Do It Jeff Galloway
Jeff's trademarked run-walk-run method has helped hundreds of thousands of average people to get off the couch, train for marathons and half-marathons without injury and has helped veterans to improve times. This book offers a step-by-step program that starts with setting up your training each week. Jeff will show you how to select a realistic goal, and which workouts are needed to prepare for various performances. The book is loaded with tips on how to stay motivated, eliminate aches, pains, and injuries, with the minimum training needed to enjoy other aspects of life.

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