



# Woman's Complete Guide to Running

*Jeff Galloway, Barbara Galloway*

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## **Woman's Complete Guide to Running** Jeff Galloway, Barbara Galloway

Jeff Galloway, an US Olympian in 1972, has helped over 150,000 people make this journey while reducing or eliminating aches, pains, and injuries suffered during most training programs. Jeff developed the Run-Walk-Run method of training, and together with his wife Barbara he offers a step by step program specifically designed for the needs and concerns of women. Included are lots of tips on staying motivated, building endurance, shoes, stretching and strengthening, as well as smart nutrition choices, and much more. All of the described programs and exercises can be incorporated into the busiest lifestyle - to improve attitude, relieve stress, and enjoy a greater sense of vitality.

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