

# Galloway's Book on Running

by Jeff Galloway (1984)

When you're in shape, you begin to think differently about yourself and your life. One important objective of training is to teach the body to conserve glycogen and deal with lactic acid buildup. Increase weekly mileage primarily through long slow runs. Increase by 10% and have long runs every other week after 12-mile runs (up to 120% of race distance). Use 18-mile long runs for a 10k and 30 for a marathon. After a good base (50% of training), do hills (15%) and then speed (35%) workouts. Once a week, run 4 hills (150-200 yds @ 10-15% grade @ 80-85% effort), then build up to 12. Replace hills with speed-work.

For 10k training run 8-440's @ 5 sec faster than race pace, increasing to 18-440's, then drop to 10-440's @ 15 sec faster. For marathon training run (2) one-mile repeats @ 20 sec faster than race pace every other week, build up to (12) two weeks before race. Tapering for a marathon by cutting mileage 40% for each of two weeks before race. Rest after a race (don't race again until rested one day for each mile of a race). Limit to 13 race miles per month.

Set up a series of incremental goals, each leading to the other. Experiencing one success after another builds confidence. Even-paced running is the most effective strategy. Run erect and relaxed. #1 cause of injuries is too many miles, #2 is speed-work, #3 is improper stretching. When you get the body and mind working together, you'll find yourself a better competitor than someone who is a stronger runner but lacks confidence/drive. Capture your goal mentally and it becomes part of you. Imagine crossing the finish line with the desired time on the clock.

Treat injuries with RICE (rest, ice, compression & elevate). Vitamin C, calcium and zinc are great for healing. We lose 25% of our fitness for each week out of training. Take twice the number of weeks you took off to gradually build back to pre-injury level. Strengthen the quadriceps to help prevent knee injuries. Drink water hourly through the day and at each water stop in a marathon. Wear the correct shoes for your feet. Master runners can run almost as fast as teenagers, but takes longer to recover.

Jeff Galloway: It was an evolutionary process. Having run since 1958, I have seen it grow, at first very slowly. The 60s were a time period where you saw the first signs, a few recreational runners who discovered the benefits to mind body and spirit. In the 70s, there were a number of top athletes, such as my friend Frank Shorter, and predecessor to that would be my roommate from college, Amby Burfoot, who won the Boston Marathon [and who was Runner's World's former editor-in-chief]. The demographics of running in the 60s and 70s were mostly 20-something males. The Big Book of Running for Beginners will take you through everything you need to know to get started, step by step. The second thing that I'm proud to contribute to is this: It doesn't have to hurt.

“The main reason people get discouraged when they start a running program is that they either hurt, or they get so exhausted that they don’t want to continue to do it,” says Galloway, author of Galloway’s Book on Running and pioneer of the Run Walk Run method of training. “The Run Walk Run method takes all of that away.” Plus, it might make you faster. Galloway’s research in more than 10,000 runners has found that training with and using the technique can take an average of 3 minutes off someone’s 5K, 7 minutes off a half marathon, and a little over 13 minutes off a marathon. Yes, Run Walk Run Is “Real” – Run Walk Run Helps You Avoid Injury. “In running, it’s the continuous use of a weak link that causes it to get irritated,” says Galloway. Galloway writes as an experienced runner and coach. He provides training programs for most levels of fitness and experience. If you want to run, or continue running without injury, take the time to read this book. The first section of the book, “Starting,” provides a brief history of running, then moves into five stages of running development (Beginner, Jogger, Competitor, Athlete, Runner). The second section, “Training,” considers the physiology of running, planning a training program (including “running slow in order to run fast”), and keeping a log. This section Galloway Live Virtual Training Club powered by Charge Running. Start A Program. List Of Cities. Group Benefits. Galloway Pacing. Retreats. Lake Tahoe, CA. The advice in this book is offered as such-advice from one exerciser to another. It is not meant to be a prescription and should be evaluated as noted above and below. Specific structures and problems of individuals may require program modifications. In each area, find specialists who are also knowledgeable about the positive and other effects of exercise and running. Ask several respected leaders in the fitness community for recommendations of specialists. Always back off any exercise or program when you feel any risk of injury or health. Galloway, Jeff. Running - Getting Started will take anyone, at any level of fitness, into the running lifestyle. Jeff Galloway, a US Olympian in 1972, has helped hundreds of thousands of 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, in which running is repeatedly interrupted by walk breaks, and offers a step by step program that is easy to use and easy to understand. What made Galloway’s Book on Running so revolutionary was that it recommended, both for beginners and experts, a combination of running and walking in carefully-tailored sequence to minimize fatigue and injury, while maximizing performance. Here are some of the principles behind the Galloway Method, and the reason why it has become such an influential technique