

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.

4. (Runners) What pace should I run on the long ones? Take your MM time and multiply by 1.3. Then add 2 minutes. The result is your suggested long run pace per mile on long runs at 60F or cooler. It is always better to run slower than this pace. 5. Walkers and runners should pace the long one so thereâ€™™ no huffing and puffingâ€™™even at the end.Â These are described in the Drill section of my Galloway Training book. Then run a mile segment at goal pace, taking the walk breaks as you plan to do them in the race. Jog for the rest of your run. 16. On long runs and the race itself, slow down when the temperature rises above 60Â° F: by 30 seconds a mile for every 5 degrees above 60Â° F or more. 17. It is fine to do cross training on Monday, Wednesday and Friday if you wish. "Galloway's Book on Running" shows that there is always something we can learn or be reminded of. Although he is now famous for his Run-Walk-Run method, this book does not go into specific run-walk intervals and instead covers a wider range of topics: rest days, nutrition, shoes, running plans, injury, and racing. In the Nutrition chapter, Mr. Galloway shared his negative experience loading up on carbs the night before a race. This dispels a commonly held assumption about pre-race eats. His wife, a nutritionist and runner, wrote a chapter on Women Running which included good rem Product Description Olympic athlete Jeff Galloway shows how amateur runners can use the same training principles followed by world-class runners. He tells beginners how to get started, explains his ideas on stress and rest, and reveals secrets for running better.Â Usefull links related to Galloway's Book on Running By Jeff Galloway EBOOK :
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