



## Running Until You're 100 (3rd)

By Jeff Galloway

Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, Running Until You're 100 (3rd), Jeff Galloway, This title lets you discover the tried-and-tested secrets that will keep you running, injury free, into your 40s, 50s, 60s and more! At the age of 60, Olympic athlete and "Runner's World" columnist Jeff Galloway reports no injuries in 27 years of running. Filled with easy-to-follow instructions, and expert advice that really works, this book explains not only how you too can achieve this level of running success, but also how to stay motivated, and even increase your enjoyment. By using Galloway's tried-and-tested Run-Walk methods, developed through years of work and training with runners in their second half of life, readers will learn about: staying injury free; nutrition and the importance of a healthy diet; the adjustments that need to be made with the passing years; the benefits of running - on the bones, joints, and heart; how to enjoy exercise, and how it enhances life; and much, much more.



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