



## Jeff Galloway: Your Personal Running Journal (Paperback)

By Jeff Galloway

Meyer Meyer Sport (UK) Ltd, United Kingdom, 2017. Paperback. Condition: New. Revised. Language: English . Brand New Book. In this book, Olympian Jeff Galloway details how to set up a training program, how to monitor progress, and how to schedule each workout. Included are 52 weeks of daily journal entries, with data analysis tables. Jeff Galloway tells how to set up a successful training program to avoid injury, improve endurance, and run faster. Galloway's magic mile is used to predict performance and set a safe pace for long runs. Specific run-walk-run strategies are set up based upon the runner's current ability. Galloway details how to use the training journal to schedule long runs, drills, speed workouts, rest days, etc. The 52-week journal is easy to use and easy to analyse. This new edition is characterized by a modern and more practice-oriented design that facilitates logging your progress as a runner. In this way, it might help you to keep your motivation.



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