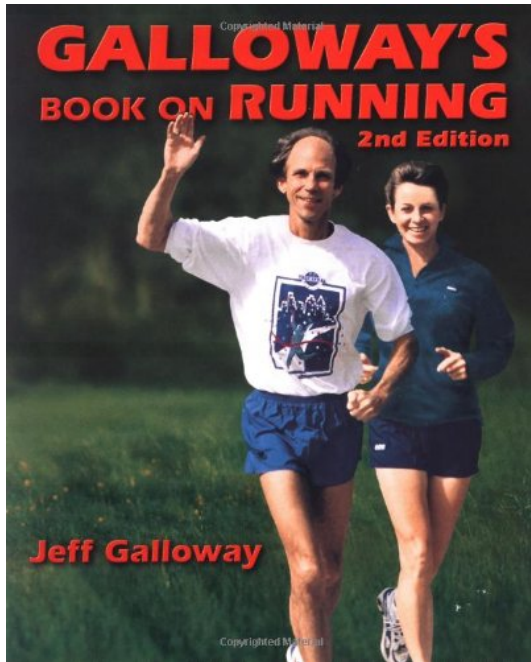


Galloway's Book on Running

Jeff Galloway



English / 298 pages

ISBN: 978-0936070278

Category: Track & Field

Rating: 4.8 / 5

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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...

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