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Marathon : You Can Do It! by Jeff Galloway (2001, Paperback) (Paperback, 2001) Other Editions Author: Jeff Galloway Illustrated by: David Willis

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Apr 04, 2006 Half-Marathon: You Can Do It is a collection of running wisdom and training programs of Jeff Galloway, one of best known running coaches and former 10k

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Marathon: You Can Do It! details Olympian Jeff Galloway s revolutionary walk/run training methods that have enabled tens of thousands of people to run marathons.

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Jeff Galloway (born July 12, 1945 in Raleigh, North Carolina) is an American Olympian and the author of Galloway's Book on Running. Jeff Galloway', Athens Marathon

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