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The Run Walk Run Method



Synopsis

Jeff Galloway's injury-free marathon training program has helped hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUNTM, low mileage, three-day suggestions to an over 98% success rate. Runners will explore the RUN-WALK-RUNTM Method the principles of and mental and physical benefits behind the method. You will learn Jeff's Magic Mile, how to set up a running strategy, mental training, proper form and technique, drills, transitions, problem solving, running faster, race rehearsals, and more. Jeff's innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

Book Information

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Customer Reviews

I used to run a lot, for about 30 years, racing 5 marathons, numerous 5-milers, 10k's, etc. I started having problems with my knees 7 or 8 years ago. I cut my running mileage down, but the knees progressively worsened. A year and a half ago I decided to stop running completely. I was still able to cycle and swim, but I really missed running. Two months ago, a friend told me about the "Run, Walk, Run Method" book by Jeff Galloway. I read the reviews and decided it was worth the small investment to at least try the method. Yes, the author repeats himself throughout the book, and maybe the whole thing could have been written in 50 pages or less. But by following the recommendations I am now running 10 miles a week, with no pain. If I never run any more than that, I would still be happy. I am at least enjoying running again. I am going to resist the urge to increase

my miles beyond what I am doing, at least for a few more months. I am very happy with my purchase. Full disclaimer, I also switched to the minimalist, non-cushioned running shoe when I started running again 2 months ago, after reading about the merits of that type of shoe in the book "Born to Run" by Christopher McDougall. That may also be contributing to my successful return to running, but without the "Run, Walk, Run Method" my minimalist shoes would be still sitting in the closet.

There was less practical detail in the book compared to what is on the website. In addition, the tables were poorly formatted in the Kindle version. and not useful.

The book was exactly what I was looking for. I listened to a presentation by Jeff the night before the 2009 Portland Marathon. Since then I broke my foot and had to start over with my training. The broken foot caused me to lose my confidence in distance running and Jeff gave it back to me with this easy, uncomplicated method of run/walk/run. I highly recommend the book.

I was very dubious about this book, as I believed you needed a sustained effort to improve your times and fitness. This method really does work. As an example, I cut a massive four minutes from my previous best 10 km effort using this method. My average heart rate was four beats per minute LOWER, despite the improvement in time. I am now running three times a week (instead of six) and my times are improving, while my body is feeling far less muscle strains etc. I am now converted. It is strange to think that walk periods in your run can so dramatically improve your overall pace, but as I have proven, what occurs is that your top speeds tend to get higher, as you naturally push out a little harder when you know you have a break coming. I shorten the walk periods a little on shorter runs and have a longer walk period on my weekly 10 km run. This seems to work really well for me. I use a heart rate monitor as my guide to how long my walk breaks need to be, as I don't want it dropping too low. I also want to ensure that it gets low enough during the walk periods to have an impact, so I use it to work out how my jog/walk periods are. It is a great method.

There's lots of really great information in this book, and if you've never heard of or tried the RWR method it's worth a shot. But a lot of the information is repeated a few times, and the book is pretty short for the price.

Jeff Galloway's method is genius. I am a runner in my 50's with some arthritis starting in my knees

and I thought I would plateau at a half marathon and gradually stop running. Now I am preparing for my first marathon and have never felt better. You MUST get over the idea that it is essential to run without stopping and TRY this method. It can help many people become runners even late in life.

What I find is missing from this book is determining the pace to maintain on the Run portion of the program to meet your goal per mile pace. To say " run for 2:30 and walk for 1:00" to target 11:00 min pace does not state how fast you have to run the 2:30 portion.

As a long time runner, I've found myself getting discouraged with injuries and setbacks. This book has helped me find a better, healthier way to embrace my passion for running and avoid overuse injuries. It's not just for beginners!

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