

Half-Marathon: A Complete Guide for Women



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Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, Half-Marathon: A Complete Guide for Women, Jeff Galloway, Barbara Galloway, Galloway offers together with his wife a state-of-the-art book on the highly popular half-marathon distance especially for women. Jeff's trademarked run-walk-run method has helped hundreds of thousands of average people to get off the couch, train for marathons and half-marathons without injury and has helped veterans to improve times. This book offers a step-by-step program for women that starts with setting up your training each week. It will show you how to select a realistic goal, and which workouts are needed to prepare for various performances. The book is loaded with tips especially for women on how to stay motivated, eliminate aches, pains, and injuries, with the minimum training needed to enjoy other aspects of life.



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