

Running--Getting Started By Jeff Galloway

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Jeff Galloway - wikipedia, the free encyclopedia

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

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In Florida Galloway started training with Frank Shorter and Jack Bachelier at the Florida Track Club based at University Galloway, Jeff, Running: A Year Round

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Excellent resource Posted by Unknown on 30th Apr 2015 I happened upon a copy of Running Getting Started at my local library. I had just started the Galloway method

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