



Women's Complete Guide to Walking

Jeff Galloway, Barbara Galloway

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This book has the direct answers to the most frequently asked questions about training for and running a marathon. Author Jeff Galloway knows these questions well, he averages answering over 100 questions a day. Over a million runners have received individual coaching, attended a Galloway running school or retreat, read his books or joined one of his training programs. Answers are loaded with direct, practical information based upon the overwhelming success that Jeff has had in giving advice during his 35 plus years of coaching. Areas covered are training, nutrition, motivation, female issues, preparing for raceday, race issues, recovery, staying injury free and more. The answers provide thorough information with inspiration. Galloway's training programs experience an over 98 per cent success rate for beginners and veteran runners. Features include: 5 city author tour; review mailings in running and fitness magazines; promotion in 'Galloway's monthly newsletter (over 60,000 subscribers); promotion in Galloway Training Programs in 65 cities; and, promotion in ads and articles in "Runner's World Magazine".

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