

Running Until You're 100 By Jeff Galloway



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Editorial Reviews. About the Author. Jeff Galloway was an average teenage runner who kept Running Until You're 100 3rd Ed by [Galloway, Jeff]. Kindle App

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"[F]ormer Olympic athlete Jeff Galloway, author of Running Until You're 100, says: 'My goal is to run until I am 100 plus, and then I can write the

Running until you're 100 / jeff galloway.

"For runners in their 40s, 50s, 60s and 70s ; for beginners and advanced runners ; stay injury-free and enjoy running more than ever" --Cover.

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In Running Until You're 100, Jeff Galloway explains how to achieve this, how to stay motivated, and increase the enjoyment of the running

The key to running until you're 100 | jeff galloway

The key to running until you're 100 or so, is to maintain good health and nutrition, stay within your capabilities, and exercise regularly enough to

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Olympian Jeff Galloway has worked with tens of thousands of runners in their 40s, 50s, 60s and 70s. By using his run-walk-run method, most are able to enjoy

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About the Author. Jeff Galloway was an average teenage runner who kept learning and working harder, until he became an Olympian. He also competed in the

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