



Running: Getting Started (Meyer & Meyer Sport)

Jeff Galloway

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Running Getting Started will take anyone, at any level of fitness, into the running lifestyle. Jeff Galloway, a US Olympian in 1972, has helped hundreds of thousands of people make this journey while reducing or eliminating aches, pains, and injuries suffered during most training programs. Jeff developed the Run-Walk-Run method of training, in which running is repeatedly interrupted by walk breaks, and offers a step by step program that is easy to use and easy to understand. Included are also lots of tips on nutrition, staying motivated, building endurance, shoes, stretching and strengthening, and much more.

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