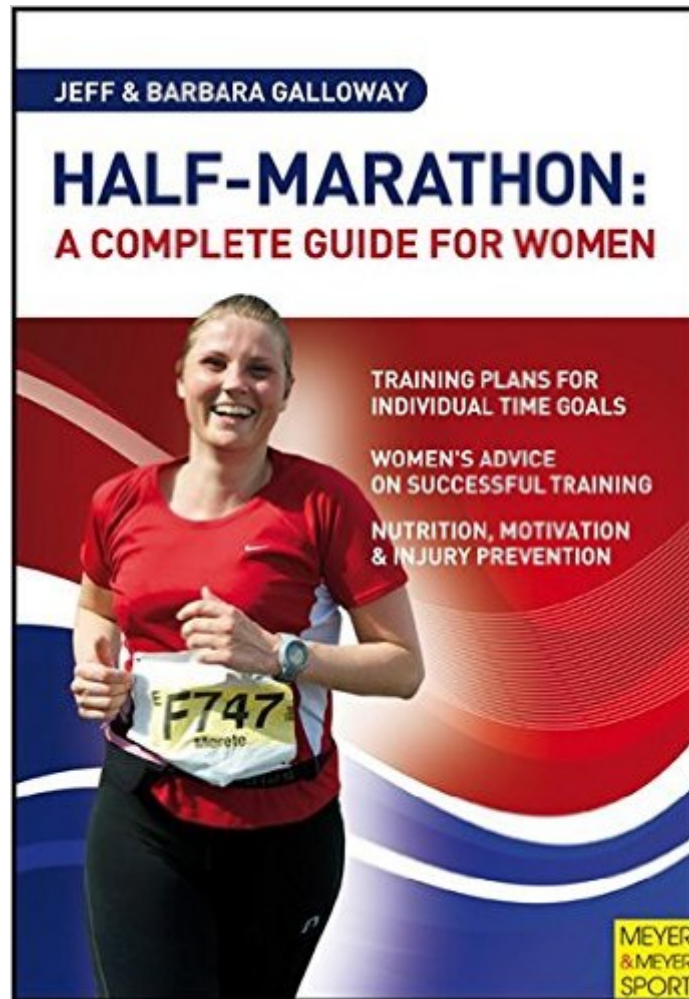


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# Half-Marathon: A Complete Guide For Women



## Synopsis

Author of the best-seller *Marathon You Can Do It!*, Galloway now 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. Jeff and Barbara 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.

## Book Information

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## Customer Reviews

I found out about this book after completing my thirteenth half-marathon, my second with the Rock-and-Roll series (the first being in Virginia Beach, Virginia, on 3 September 2006), this time in Savannah, Georgia, on 9 November 2013. It is written primarily for the runner in mind but I find it was useful to me also as a speedwalker. Particularly noteworthy for the woman runner/walker in preparation or just after a race are Chapters 18 Women-Specific Exercise Issues by Barbara Galloway and 20 Troubleshooting Aches and Pains. At about Mile Eleven of my last half marathon I had developed severe pain in both of my hamstrings. It was helpful to know about the author's opinion as to causes and corrections. In the same chapter the author describes problems with Shins, shoulder and neck muscles, tired and tight; Soreness or pain in the front of the shin (anterior

tibial area); Shoulder and neck; Knee pain at the end of a run; Behind the knee pain, tightness or continued soreness or weakness; Quadriceps; Sore Legs and Feet. I only wish the author had described the medical causes of residual pain i.e. osteoarthritis (degenerative knee) or Baker's cyst that might come with long years of training. A big lesson learned from this book is that training for an event is all important whether you are a runner OR a walker. There are a number of chapters to help prepare you including Chapter 3 Setting Goals and Priorities (Staying injury free--a training journal helps); 10 Half Marathon Training Programs; 12 Speed Training Programs for Top Performance; 24 Mental Training Programs and 26 Cross-Training: Exercise for the Non-Running Days.

Although I'd been exercising for several years (through a 40 lb weight loss) I never really considered running. To be fair I was a terrible, slow runner all through school. Even though I did a ton of aerobics in the 80's and was a body builder for a couple of years running always felt out of my reach. Instead I turned to stationary cycling, elliptical training, and walking. However I always had this bucket list item that was run a 10K. At the time I said that (many years ago) I think it was a pipe dream - akin to saying star in a Hollywood blockbuster LOL. It wasn't until my brother in law started training for a marathon I ever really considered running and making good on the long ago goal. Though the BIL is an athlete and always has been the fact that someone close to me was running made me consider it. I'm very goal oriented so off I went to buy an app and do a C25K program (the app was Get Running and it was awesome!). Like everything else in my life I am always "all in". So as I neared the finish of the 5K and ran a couple races I started thinking about more. However some nagging issues with my calves surfaced again after nearly 30 years and I could see the straight running dream of my 10K disappear in front of my eyes. Then I heard about Galloway - so this is the first book I picked up. It was very good - very thorough and has a lot of good info. I really enjoy the format of the book - the way the chapter are laid out. The training plans make sense (though I do wonder about the conflict here with increasing mileage and the 10% rule since the training here seems to violate that 10% rule I keep hearing from everyone). I didn't necessarily think the women's parts were that amazing - but the info was good.

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