



The Run-Walk-Run Method

Jeff Galloway

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Jeff's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author Runner's World articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN, low mileage, three day, suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals and is the inventor of the Galloway RUN-WALK-RUN method. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

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