Galloway’s Book on Running

by Jeff Galloway (1984)

When you’re in shape, you begin to think differently about yourself and your life. One important objective of training is to teach the body to conserve glycogen and deal with lactic acid buildup. Increase weekly mileage primarily through long slow runs. Increase by 10% and have long runs every other week after 12-mile runs (up to 120% of race distance). Use 18-mile long runs for a 10k and 30 for a marathon. After a good base (50% of training), do hills (15%) and then speed (35%) workouts. Once a week, run 4 hills (150-200 yds @ 10-15% grade @ 80-85% effort), then build up to 12. Replace hills with speed-work.

For 10k training run 8-440’s @ 5 sec faster than race pace, increasing to 18-440’s, then drop to 10-440’s @ 15 sec faster. For marathon training run (2) one-mile repeats @ 20 sec faster than race pace every other week, build up to (12) two weeks before race. Tapering for a marathon by cutting mileage 40% for each of two weeks before race. Rest after a race (don’t race again until rested one day for each mile of a race). Limit to 13 race miles per month.

Set up a series of incremental goals, each leading to the other. Experiencing one success after another builds confidence. Even-paced running is the most effective strategy. Run erect and relaxed. #1 cause of injuries is too many miles, #2 is speed-work, #3 is improper stretching. When you get the body and mind working together, you’ll find yourself a better competitor than someone who is a stronger runner but lacks confidence/drive. Capture your goal mentally and it becomes part of you. Imagine crossing the finish line with the desired time on the clock.

Treat injuries with RICE (rest, ice, compression & elevate). Vitamin C, calcium and zinc are great for healing. We lose 25% of our fitness for each week out of training. Take twice the number of weeks you took off to gradually build back to pre-injury level. Strengthen the quadriceps to help prevent knee injuries. Drink water hourly through the day and at each water stop in a marathon. Wear the correct shoes for your feet. Master runners can run almost as fast as teenagers, but takes longer to recover.
Galloway's Book on Running, Jeff Galloway

Galloway writes as an experienced runner and coach. He provides training programs for most levels of fitness and experience. If you want to run, or continue running without injury, take the time to read this book. The first section of the book, "Starting," provides a brief history of running, then moves into five stages of running development (Beginner, Jogger, Competitor, Athlete, Runner). The second section, "Training," considers the physiology of running, planning a training program (including "running slow in order to run fast"), and keeping a log. This section "Galloway's Book on Running" by Jeff Galloway has become a running classic, providing the basics about running, training, and racing for years. Galloway does not presume the runner is a casual "New Year's Resolution" jogger who will likely quit in a month. Instead, he looks to build a foundation of sensible workouts, leading to genuine fitness, endurance and speed. The Jeff Galloway training program is based around taking Walking Breaks to increase the distance that can be covered, and to run the Long Runs slowly. These plans are a good candidate for a 4:30-5:30 marathon runner and probably the best option for 5:30+ hour marathon runners. In addition they may be appropriate for people whose injury history makes running the marathon distance continuously problematic. The use of the Galloway approach for faster marathons is a little more controversial. (Note that