

## Training Programs and Dates

- 1) Getting Started for Beginners (Marathon) - Start Date: June 2, 2007
- 2) Marathon Training - Start Date: July 28, 2007
- 3) Getting Started for Beginners (Half Marathon) - Start Date: Sept 8, 2007
- 4) Half Marathon Training - Start Date: Nov 3, 2007

## **About Jeff Galloway's Training Programs**

Jeff Galloway's Marathon Training Programs are for all levels of runners, from beginning runners to Boston qualifiers. This Low-mileage, Injury-free Training Program is for those who have jobs, families, and a life!

The achievement of completing a marathon training program and finishing the marathon will be your treasure for the rest of your life. The training schedule which follows is the latest evolution in a minimal mileage, low-impact training routine which has been used successfully by an estimated 100,000 marathoners since 1978.

The Galloway Training Program is open to anyone who is interested in fulfilling a lifetime goal: to run a marathon, half marathon, 10K, 10 miler or just get started. The training group welcomes all levels, from beginners to Boston qualifiers. Pace groups are set up to ensure a comfortable and safe training pace for every ability. This low mileage run/walk program will prepare people for an incredible achievement. A high percentage of participants, including beginners, continue this lifestyle change after the completion of their goal.

This national training program was developed by and is still currently produced by Jeff Galloway and Phidippides Runners. Jeff has been involved with training programs in the U.S. since 1978. Due to the enormous growth in interest and commitment within the past 5 years, running has become a symbol of achievement, respect, and competence among North Americans who are becoming increasingly aware of the health benefits of regular exercise.

Jeff's unique low-mileage run-walk program makes it possible for almost anyone to experience the feeling of completing their goal. If a marathon is your goal and you can currently run/walk three miles, we'll get you to the start line in six months. And if you're a more experienced runner, we'll help you safely increase your speed and distance to run at your highest potential. If you're a beginner, we'll show you how to get started with a safe fitness program and maintain your fitness level. The simplicity and wisdom of the

program reflect Jeff's motto: Run Injury Free. The weekly training schedule includes three days of running and three days of cross-training (non-running aerobic exercise like cycling, cross country skiing machines, or water running). The key to the training is the Saturday long run, when you'll be running with the a group at a comfortable pace that is appropriate for you. You'll have a group leader to help guide you, keep you motivated, and be sure you're having fun. And it works! The Galloway Program boasts a 98 percent success rate in more than 40 cities across the nation. What's more important is that we'll be supporting each other, having a great time, and sharing what is a truly life-changing experience. If you're not certain about whether to join, come with us for a free test run.

### Virtual Training Program

For individuals in an area without a training group, Galloway is also offering his renowned program, “Key is Training – Galloway Virtual Trainer Package” which includes a unique virtual trainer, training schedule of workouts designed by Galloway, and a guide book on training tips, what to eat, motivation training, shoes and more. The virtual training program is available at [www.breastcancermarathon.com](http://www.breastcancermarathon.com) for \$19.50 (a \$50 value) for runners of the **26.2 with Donna: The National Marathon to Fight Breast Cancer**.