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Author of North America's best selling running book: Galloway's Book on Running. See "Publications" section for a complete listing of his published works.

Training tips: the jeff galloway run-walk-run plan

Jeff Galloway is the author of one of the top selling running books, Galloway's Book on Running and his "Run Walk Run" program has helped

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Jeff is best known for writing Galloway's Book on Running, the best-selling running book in North America. A lifetime runner, he was a member of the 1972 U.S.

Galloway's book on running

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He also opened up one of the country's first running specialty stores in Atlanta, authored a best-selling book titled Galloway's Book on Running,

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