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Boston Marathon: How to Quality

Jeff Galloway



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With the Galloway program it's possible to be in the best shape of your life and have energy to enjoy family and career. The highly successful training schedules include all of the elements needed to qualify based upon the Boston Marathon standards. Galloway's magic mile gives a reality check on progress and sets realistic pacing goals for long runs and the race itself.

This book lays out all the training necessary to qualify for the Boston Marathon.

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