

JEFF GALLOWAY

RUNNING UNTIL YOU'RE 100

FOR RUNNERS IN
THEIR 40s, 50s, 60s AND 70s

FOR BEGINNERS
AND ADVANCED RUNNERS

STAY INJURY-FREE AND
ENJOY RUNNING MORE THAN EVER

MEYER
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SPORT

About the Book

Olympian Jeff Galloway has worked with tens of thousands of runners in their 40s, 50s, 60s and 70s. By using his run-walk-run™ method, most are able to enjoy running with fewer aches and pains. At the age of 60, Jeff reports no injuries in 27 years. This book explains how to achieve this, how to stay motivated, and increase the enjoyment.

From the Contents:

- The adjustments that need to be made with each decade
- Staying injury free
- The beneficial effect of running – on the bones, joints, and heart
- Nutrition and fat burning
- Balancing exercise with rest
- Setting up appropriate goals
- How to determine the current fitness level
- How to enjoy exercise, and how it enhances life

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About the Author

Jeff Galloway is the author of the best-selling running book in North America: "Galloway's Book on Running" and is a Runner's World columnist, as well as an inspirational speaker for more than 200 running and fitness sessions each year. He has worked with over 150,000 average people in training for specific goals and Galloway's quest for an injury-free marathon training program led him to develop group training programs in 1978. Galloway is the designer of the walk-run, low mileage marathon training program (Galloway RUN-WALK method) with an over 98% success rate.

Run-Walk-Run™ Ratios

After having coached over 100,000 runners using walk breaks, Jeff Galloway has come up with the following suggested ratios for runners over about 45 years old:

| Pace per mile | Run Amount | Walk Amount |
|---------------|---------------|--|
| 7:00 | 4 minutes | 20 seconds |
| 7:30 | 4 minutes | 20 seconds |
| 8:00 | 4 minutes | 30 seconds |
| 8:30 | 3 minutes | 30 seconds |
| 9:00 | 2 minutes | 30 seconds |
| 9:30 | 2 minutes | 40 seconds |
| 10:00-11:29 | 1.5 minutes | 30 seconds |
| 11:30-13:29 | 1 minute | 30 seconds |
| 13:30-14:59 | 1 minute | 1 minute (or run 30 seconds and walk 30 seconds) |
| 15:00-16:59 | 30 seconds | 45 seconds (or run 1 min and walk 1:30) |
| 17:00-20:00 | 20-30 seconds | 1 minute |

In general, older runners benefit more from shorter running segments, with more frequent walk breaks, even when the walks are shorter.



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Dedication

At the age of 81, Kitty entered the Peachtree (10K) road race. One year before, she finished with no major problems, but things had changed. Though she never smoked, a tumor was discovered in the sensitive bronchial passages near her heart—and was inoperable.

While her doctor was OK with her decision to race, I asked her several times whether she should challenge herself on a hilly 6 mile course in hot Atlanta Ga., on July 4th. She didn't argue with me, but in her quiet way, I could tell that my questions only magnified her determination. One of the primary reasons, however, may be the result of having grown up during the great depression. She couldn't get a refund on the entry fee, and was determined to get her money's worth.

I believe that Kitty would have had no major problems if the temperature had remained as it was at the start—60 degrees Fahrenheit. Unfortunately, she was in the last group starting much later, and the temperature increased every few minutes. She knew she was in trouble at 3 miles (over 80°F with high humidity) but struggled up Cardiac hill past the 4 mile mark when there seemed to be nothing left in the tank.

A few minutes later, the City of Atlanta street sweeper approached. Most Peachtree participants know and fear the “grim sweeper” because when it catches you, your race is over. Kitty didn't care because she had been physically spent for 30 minutes.

This time, the sweeper stopped. Kitty motioned for the driver to move on. He stuck his head out the window and told her that she was just as important as any other runner in the race, and that he was going to stay behind her until she finished. That's all she needed. It was a real struggle but you wouldn't have known it as she somehow found a spring in her step, crossing the 6.2 mile mark with her head held high.

Kitty Galloway taught me, by example, the principles that are the foundation of my life: never give up, take control over each day, confront every challenge and do your best. She crossed her final finish line about 18 months after her last Peachtree—mentally sharp, with her head held high. She was my Mom and my hero.



How Active Do You Want to Be?



I believe that when running is balanced with rest it...

- Delivers the best attitude boost you can get
- Produces enhanced vitality that lasts all day
- Is the best stress reducer
- Bestows a significant sense of achievement
- Raises your body's physical performance capability
- Blends body, mind and spirit better than any activity
- Bestows benefits that improve life in many unique ways

If exercise were a controlled medication, it would be the most heavily prescribed on record. If running were a drug to combat depression and increase vitality, it would be a blockbuster. The benefits from exercise are almost limitless, and there seems to be no activity that maximizes these than does running.

Running stimulates your body to improve overall physical and mental capacity. Research indicates that significant exertion each week can extend the length of your life. The increased endurance and physical capacity gained from years of running results in a more active lifestyle to the end of your days.

By balancing stress and rest, walking and running, nutrition and exercise, everyone can gain a great deal of control over how much vitality will be experienced later in life. The purpose of this book is not merely to help you move down the road or trail until you're 100. Inside, you'll also find practical tips about how to make adjustments so that you can enjoy every run.

In the next few chapters, you'll see what the research says about running and the aging process—lots of good news. While it's a fact that our body resources are reduced year by year, I've heard from thousands of runners who've added more rest and inserted more frequent walk breaks into their runs. The results are almost magical: a high quality of running and life into their 60s, 70s and 80s.





We don't know the year we will leave this earth. But, if you mentally project yourself running until the century mark, and make the right adjustments, you'll expect and achieve more vitality during every decade of your life. Positive mental visions, with the use of the tools below, can give you a major amount of control over your energy and health.

In the next chapter, you'll read about some inspiring individuals who've confronted the never-ending challenges of living and exercising past the age of 70, 80, and 90. There is something in the human spirit that is positively engaged by good examples, and you'll find more at the finish line of practically every running event.

If there's one training component in the book that helps more than any other it is my run-walk-run™ method. I've now heard from thousands of the "over 50" crowd who've returned to enjoyable running by using this method. Some have improved their finish times significantly by inserting walk breaks. There's no doubt that this method prolongs your running life.

There are many suggestions in this book that have helped thousands to experience the joy and sense of freedom that only running delivers into the latter stages of life. I want you to take control of your running enjoyment and fatigue while staying injury free. I offer this advice after working with more than 200,000 runners, over more than 30 years of coaching. So lace up your running shoes and join the growing number of runners past the age of 60, 80 and beyond who enjoy running as much as those in their 20s.

A group of runners is shown on a paved path outdoors. In the foreground, a shirtless man in black shorts is running. Behind him, a man in a white t-shirt and black shorts is running, and further back, another man in a white t-shirt and black shorts is running. The background shows a grassy area and trees under a clear sky.

If You Don't Give UpYou Win!

A few years ago, I met a 93-year-old runner who ran in the popular Crim 10 mile race in Flint, Mich. He was just as excited about the race as the 20 year olds, and more mentally sharp than some of the younger runners as he talked about it. A recent news clipping showed a 101-year-old man running in a veteran's track meet. He set a world record. In fact, there are many opportunities for setting records if you'll keep running until 100.

Unfortunately many people over the age of 50 believe that they cannot, or should not, increase their level of exercise. A high percentage believes that it is not possible for those over 60 to go from a very sedentary lifestyle into training for a distance event. My dear mom (see the dedication of this book) initially felt this way—but turned things around and inspired me. In this chapter you'll meet some “ordinary people” who have pushed back traditional limits and expectations. They will be the first to tell you to stay in touch with your doctor from the start of the fitness journey.