

A woman with long dark hair in a ponytail, wearing a pink t-shirt and black leggings, is walking on a bridge. The bridge has a black metal railing with vertical bars and horizontal crossbars. The ground is paved with a diamond-shaped pattern. In the background, there is a calm lake reflecting the sunset, and a line of trees on the far shore. The sun is low on the horizon, creating a warm, golden glow. A large yellow diagonal shape is on the right side of the image, containing the title text.

THE GUIDE TO RUN WALK MARATHON TRAINING

USING JEFF
GALLOWAY'S
METHOD



**MARATHON
HANDBOOK**

Marathon Training Guides

Elite R N



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