

New Basic 10K (6.2 miles) and Half Marathon (13.1 miles) Training Program

Title: New Program Geared Towards Helping Downingtown Area Residents Complete a 10k or Half Marathon

Although the thought of running or walking 6.2 miles or 13.1 miles is enough to make a person queasy, a new group in town is gearing up to help local folks join the very elite group of Americans - about two tenths of one percent of the population – who have completed a 10k or half-marathon. But you don't have to be an avid runner to take on the challenge as the Jeff Galloway Marathon Training Program is designed to help average people of all skill levels and ages to complete a ½ marathon. The program advocates establishing a run/walk ratio based upon a runner's predicted pace per mile that will enable him/her to go the distance while remaining healthy and injury free. Considering that the program has a 99 percent injury free rate, it's pretty safe to assume these folks know what they're talking about.

"The force of my life has been helping others to enjoy the experience of running and the achievement of finishing a challenging event," noted Jeff Galloway, former U.S. Olympic team member and founder of the Jeff Galloway Training Program. "But the program is about more than just running; it's about getting folks hooked on fitness and helping them incorporate exercise into their daily lives."

Local runners Mary & Kevin Matthews from Downingtown Running Company along with Tom O'Donnell, a long time Galloway training leader is heading up the Downingtown Jeff Galloway Training Program. Features of the program include a group support structure for training; set training schedule; expert advice on running techniques, gear, nutrition, and injury prevention; as well as time-goal driven training and Pace Group Leader opportunities for experienced runners. With only two 30-minute run/walks and one long, group run/walk required per week, even the busiest of individuals can make time for the program, which is sponsored by Downingtown Running Company.

The kick off event will be held Monday August 9th from 5:30-7:00 at Downingtown Running Company. The program will culminate in the team running either the Norcross Run the Bridge Run 10k in Camden, NJ on Sunday November 7, 2010 or the Philadelphia ½ Marathon on Sunday November 21, 2010. Individuals interested in learning more about the program are encouraged to call Kevin or Mary at 610-269-6700.

You can sign up for the 10k (\$50) or half marathon (\$95) program on active.com, <http://www.active.com/running/philadelphia-pa/philadelphia-galloway-training-program-2010>

You can also sign up at Downingtown Running Company.