



The Run-Walk-Run Method

Jeff Galloway

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Jeff's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author Runner's World articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN, low mileage, three day, suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals and is the inventor of the Galloway RUN-WALK-RUN method. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

The Run-Walk-Run Method Details

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From Reader Review The Run-Walk-Run Method for online ebook

Wendi Lau says

+Specific run/walk tables based on desired or current paces, age, injury, overweight, race distances

+Bullet point lists of things to consider, how to run/walk, how it helps you

+Reflects the experience and patience of an older athlete:

"Rule #1 YOU CANNOT GO TOO SLOWLY OR TAKE WALK BREAKS TOO FREQUENTLY ON LONG RUNS" page 106

"Evaluate whether there is a real reason (e.g., medical, heat, etc.) why you can't run as projected. If there is a reason, back off and conserve - there will be another day." page 121

This is a really fast read. It is easy to find the chapter(s) that fits readers' needs. The testimonials are relevant - real people sharing their thoughts and feelings about using the Run-Walk method. The frequent reminders that runners can choose and adjust their run/walk intervals were empowering. It is easier to absorb the message when the benefits and explicit directions are presented in many different ways. Perhaps the repetition is for readers who will pick and choose chapters, as experienced runners may do.

This is the method I started running with 7 years ago. Usually, I am a non-stop runner except on hills on trails. However, I completed a 50km (31 miles) ultra recently doing R:30/W:30 for the entire 7-1/2 hours when I had only trained up to 4 trail hours and 13 road miles. I would not encourage under-training for a race but this method definitely makes ultras more accessible to a mid-pack runner.

Karen says

The book has a lot of references to his other books and constantly refers to the timer you can buy from his website. I ended up downloading his app to get myself started and it is working well for me. The method is great. I wish he talked a little more about how to adjust your intervals and what pace the run and walk segments should be to achieve a target pace per mile.

Gary Thaller says

As others have said, the book is repetitive. I consider this one of its strengths. I've read the book four or five times while practicing the method, and I learned something new each time.

In my opinion, those who ask, "Will this improve my race times?" are asking the wrong question. For me, the right questions are, "Am I having more fun?" and "Am I avoiding injury." I answer these questions with an unqualified, "Yes!" It may improve race times for those in the middle to the back of the pack. More importantly, there will be less fatigue for these runners.

One point Jeff makes is the endorphin flow can continue long after the run. It can last for hours with me. I don't feel much of a flow during the run.

The ability to change the run-walk intervals gives another way to control intensity without changing the

running speed. If I feel tired, I can run 20 seconds and walk 60 seconds. On a normal day, I can run 60 seconds and walk 20 seconds. On a day when I want to run faster during the running portions, I can run 30 seconds and walk 30 seconds. (These are the intervals I use. Everyone gets to choose their favorite intervals.)

Interval training is perhaps the best way to improve race times. The Run-Walk-Run method is interval training in disguise. I'd suggest doing the run portions at a realistic speed the runner will maintain during the next race. Perhaps, even a bit slower. For shorter races, the runner can try taking away the walk breaks and seeing what happens. Short is defined by the runner. It may be a mile, or it may be 10k.

I think the best way to read this book is to go out and run using the method for a month or so. Keep coming back to the book and read a few chapters about once a week.

Usually, I don't mention other books in a review, but in this case I will. I found all of Joe Henderson's books to be helpful companions. They give the history and reasons behind the development of the Run-Walk-Run method.

Gilda Melcher says

I enjoy my runs more than ever. I am, also, able to run longer as a result of the R/W/R method.

Nita says

My rating is for the book, not the method. I found the thirty plus pages of testimonials and twenty-two pages of "products that enhance running" annoying given that the book is only 184 pages including the front matter, table of contents, and the index. And did I mention the entire page devoted to how to set the run/walk timer Galloway sells? Plus, many parts were repetitive. This book really could have been a pamphlet.

Still, the small remainder of the book helpfully answered questions such as what ratio to use, how to transition between intervals, and how to race using this method.

I especially appreciated the chapter "Are you really a runner if you walk?" because I asked myself this question before I even allowed myself to try the method. Apparently I'm not the only one struggling with this issue.

Suzie says

At least half of this book is devoted to testimonials and selling his products; there is very little actual content. The parts where he does attempt content, he spends most of the time trying to convince you of the validity of his method rather than actually telling you how to apply it. This book also contains no training plans!

Overall this book was very disappointing, particularly given I do actually believe in Galloway's method and was hoping to glean some training advice for my upcoming marathon.

Tiffani Long says

I've been studying this method for awhile, and training with it and can (cheesily) say "it's bloody brilliant" (and I'm not even a Brit). This is for the beginner as well as the seasoned runner. Talk about a change in perspective and how runners are hard-wired--and I mean that in the most positive way! I know there are those who believe in non-stop/continuous running only, but a man who runs a marathon (in around 2:30, even) a month (at 70!!) and remains injury free and joyful about his chosen sport, well, he has my backing.

I love the strategy and science to the RWR method. While reading, I kept saying how much sense it all made--not just physically but the mental and emotional benefits. You have to work with the intervals to find your sweet spot, and the pace you're most comfortable running, and those intervals can change with your mileage, race, etc., but overall it keeps your fatigue away and energy up. This method also maintains and can even INCREASE your overall time/pace. The book teaches all of these things, though. It's very easy to understand.

Kat says

This is not a book to read cover to cover. It's poorly organized and not well written. I found the pieces of information I was looking for after some searching, but most of the book wasn't relevant to me. It's less about teaching the method and more about selling it.

Charlie Oliver says

This is a book that rewards you for getting bored and skipping around. If you can read the cover, you have a pretty good idea of the program (spoilers: run, then walk, then start running again). If you got the book after reading the cover, you're probably okay with walking in races. Still, the first 1/3 of the book is dedicating to convincing you that this is a viable solution. Fine, okay.

Section two is the program itself. The meat and potatoes could really be gathered over the internet. It boils down to (spoilers) not getting so exhausted that you suffer during a race. If you skipped section one, don't worry--Galloway reiterates the thesis again a few times in section two. Other than that, there's some spiffy advice for how much you run/walk etc. Again, that's available on the Internet.

Section three re-summarizes the second section and offers helpful hints. There's a lot of self-promotion in here, which I'm okay with, but I really feel like this book should have come with a Jeff Galloway Walk/Run Timer (tm) since the book is clearly meant to accompany it. For God's sake, there's a few pages dedicated to explaining how to set the walk/run timer! LITERAL INSTRUCTIONS FOR THE PRODUCT ARE INCLUDED IN THE BOOK.

So, a great program, but don't buy it unless you get the timer or (as I did) one of the apps.

Michelle says

First, I should preface this by saying this review is for the book, not the Run-Walk-Run Method itself, (which I have only dabbled in, but feel has real potential and am anxious to employ).

So, the book.....ugh. I feel like I just read the script for an infomercial. Honestly, I think Galloway could have presented his information in a pamphlet and I would have been just as informed. That, along with numerous product pitches and testimonials, were extremely off-putting, and made this a tedious read indeed. If you're interested in Run-Walk-Run, save yourself some time, explore his website and maybe a forum or two, and you should be good to go.

tresaburda says

The book can be repetitive but it's nice to read & re-read a run -walker is just is accomplished yet underrated. It also helps encourage those stubborn often injured runner's at least to try this method. I would love more people to try this method & how wonderful running can actually be especially without injury & without sacrificing their sacred PR's. If you are a frustrated often injured runner or a runner made guilty bc you walk at times this book is for you!

Tfitoby says

Almost exclusively a tool to sell more Jeff Galloway products. One of those evangelical self help books that wraps some common sense and straight forward advice in repetition and pseudo-science. Or is that ALL self help books? There's something of interest in there when he cuts out all of the crap but 95% of this book is filler.

Rick Reitzug says

While this book had some worthwhile ideas, much of it read like an infomercial for the author's various books and products. Additionally, there was a great deal of redundancy from chapter to chapter. The book's core ideas could have been captured in about 25-30 pages with an Appendix of another 25-30 pages containing various workout schedules for runners of different abilities, ages, statures, etc.

Miranda says

There are a few rare books about running that give me pause and make me want to try what the author is selling. Honestly, I find most running books very, well, repetitive. Galloway's was not an exception.

I have heard so many people talk about the run/walk/run method for years; therefore, I feel as if I already

knew what it was (and I did...). Nonetheless, after a runner friend successfully ran a r/w/r for for a full marathon and finished 20 minutes faster than my fastest marathon, I am now curious to see what I can do to improve my time on my feet when it comes to longer distances. Some of the strategies seemed to be speaking my language. The longer the distance / the hotter it is (I'm in Texas) / the less time I don't allow myself to stop, makes me tired, walk for a mile or two without running, and want to curl up in a ball and cry at mile 22. According to Galloway (and my friend) the r/w/r will help me cross the finish line sooner and happier!

My last marathon, MCM 2016, kicked my a## -- even though I was acclimated to the 80 degree temps. So I willing to try Galloway's method come October '17 when I (plan) to run Marine Corps for the third time.

Lisa Hatton Was Cheshire says

Nicely laid out and easy to read BUT a lot of advertising for his other books and products and VERY repetitive. Take these things out to leave the real content and the book would be half the size. Now about the method: hasn't worked for me. I find the constant interruption to my flow of long runs leaves me more exhausted during, and no less sore after. After consultation with my Physio, I'm ditching this method with the exception of my 400m repeats for speed workouts. I'll take a 1 min walk break in between. Overall, somewhat disappointed.
