

Jeff Galloway's Customized Training Plan



Jeff's proven method has helped hundreds of thousands to achieve their goals, injury-free. Whether you're a beginner or a Boston Qualifier, let us customize a plan that allows you to "have a life" while achieving your goals.

Your 6-month Custom Training Plan includes –

- A customized training schedule to your target race over the next season
- Daily email reminders of upcoming workouts
- Based upon your current conditioning
- Drills to improve running form, efficiency, and speed
- For runners at every fitness level, from beginning runners to ultra-runners
- Perfect for those without a local Galloway Program or with busy schedules

Also included:

- Online access to the 6 month season plan
- Jeff Galloway's Monthly e-newsletter
- Galloway Training Programs e-book included as reference
- Three day training week, with option for more days if desired
- Weekly online video chat with Galloway Training Director (optional – 2 times offered weekly)

Your 6-month Customized Training Plan will be set up by Galloway Training Director Chris Twiggs. Chris has mentored and coached thousands of runners through local Galloway Training Programs, at the Athens Marathon through our partnership with Apostolos Greek Tours, and online with our Galloway Charity Partners. An RRCA Certified Coach, Boston Marathon Qualifier, and accomplished ultra-runner (11x Hardrock 100 finisher) Chris will work with you to target your goals from the start of your training and will be available each week for online chats to keep you on track.

Price \$98 (\$78 for renewing Customized alumni only)