

Jeff Galloway's Winter Fun in '21 Challenge



Getting Started

CHRIS TWIGGS

Upcoming Classes

- Enjoying Exercise as We Age (Seniors)

Presented by Jeff Galloway Friday 1/15 @11am EST

- Fit Kids (Keep your Kids or Grandkids Active)

Presented by Jeff Galloway Friday 1/22 @11am EST

- Winter Weather Wear (Cold Weather Fashion Show)


Presented by Phidippides Friday 1/29 @ 11am EST

shop.jeffgalloway.com

Final Surge - Coaching DashboardFinal Surge - MailboxMy Meetings - ZoomNutrition For Exercise With Carissa Galloway and Jeff G...

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NUTRITION FOR EXERCISE WITH CARISSA GALLOWAY AND JEFF GALLOWAY

\$ 100⁰⁰

Date(s)

✓ Entire Series - All 4 classes

January 16

January 23

January 30

February 6

Individualized distance running nutrition consultation/information - led by Registered Dietitian Carissa Galloway!

All of your nutrition and training questions answered. Each session will focus on specific topics with instruction and classes are limited to 25 so that everyone's personal questions can be answered! Each Saturday class is from 12:00-1:00PM Eastern. They'll be on the Zoom platform, with the first part of each session dedicated to instruction and then we'll open it up for personalized question and answers later on.

Individual sessions are \$30 and the entire 4 week session is only \$100.

Nutrition Class Topics

All Classes @noon EST

- Nutrition for Weight Loss, 1/16

- Fueling for a Long Run, 1/23

- Popular Diets—Pros and Cons, 1/30

- Building a Better Diet, 2/6



JEFF GALLOWAY'S RUNNING SCHOOL

\$ 179⁰⁰

Date

Saturday, January 9, 2021



Add a pair of shoes and save?

Yes, Please



 ADD TO CART

At this highly motivating class taught by Jeff, he gives you the information you need to reach your goals. The format allows everyone to ask questions at any time, so each can get the individual info needed.

***Virtual Running School - Saturday, January 9, 12pm EST-3pm EST;** *** Due to the ongoing COVID-19 threat, this will be a virtual running school *** Details on the virtual session will be sent to all participants.

***Virtual Running School - Saturday, February 20, 12pm EST-3pm EST;** *** Due to the ongoing COVID-19 threat, this will be a virtual running school *** Details on the virtual session will be sent to all participants.

Getting Started

Once a week, have a SPECIAL run/walk

- A sunrise run/walk**
 - A run/walk with a friend (even virtually)**
 - To/from a picnic breakfast, lunch, or snack**
 - A run/walk past a preschool playground or park**
 - A virtual race**
 - A sunset run/walk**
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Walking the Challenge

Do the Shuffle

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- **Keep feet close to the ground**
 - **Short stride with minimal movement**
 - **30 to 60 seconds every 1 to 5 minutes of walking**
 - **From the beginning**
 - **https://youtu.be/04K-x_yB6zY Jeff's Demo**
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Getting Started (For Walkers)

Shuffle Breaks

- **Give you control over your fatigue build-up**
 - **Bestow confidence because you have a strategy**
 - **Erase fatigue with each shuffle**
 - **Allow for endorphins to collect during each shuffle**
 - **Break the walk into manageable chunks**
 - **Speed recovery and help you feel better**
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Getting Started

Running/Walking Form

- **Avoid a long walking stride**
 - **Don't lead with your arms**
 - **Let your feet move the way that is natural for them**
 - **Be a “puppet on a string”**
 - **Keep feet low to the ground and don't bounce**
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Getting Started

Cadence Drill

- **Walk slowly for 5 minutes then shuffle/walk for 10**
 - **Run/walk faster, to a normal pace, for a couple of minutes**
 - **Keeping pace, time yourself for 30 (or 15) seconds**
 - **Count the number of times your left foot touches**
 - **Run/walk gently 1 to 2 minutes to recover**
 - **Repeat 3-7 times trying to increase # of touches**
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Getting Started

Acceleration-Glider Drill

Here is how it is done:

- Start by jogging very slowly for about 15 steps. (15 is a general guideline to get into a flow with this drill, it doesn't need to be exact).
- Then, jog faster for about 15 steps – increasing to a regular running pace of you.
- Now, over the next 15 steps, gradually increase the speed to your current race pace.
- Ok, it's time to glide, or coast. Allow yourself to gradually slow down to a jog using momentum as long as you can. At first you may only glide for 4 or 5 steps. As the months go by, you will get up to 20, then 30 and beyond... you're gliding!

The main object of the drill is to keep moving at a fairly fast pace without using much energy.

Getting Started

Final Thoughts

- **A 5-minute run/walk is better than no run/walk**
 - **Choose good shoes to support your running/walking**
 - **Don't need special clothes, but dress for the weather**
 - **No need to stretch, but BFF is your best friend**
 - **If you feel like running, start with 5 second intervals**
 - **Remember to log your miles to stay motivated**
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