

Jeff Galloway Quotes

*Running, Feelings, Important, Careers, Chance, Puke, Vision, Purpose, Years,
Athlete, Class, Lines, Steep, Challenges, Exercise, Imagine, Marathon, Half,
Long, Competition*

Our bodies crave exercise, and reward us in so many ways when we do so.

~Jeff Galloway

Being an athlete is a state of mind which is not bound by age, performance or place in the running pack.

~Jeff Galloway

A lifestyle change begins with a vision and a single step.

~Jeff Galloway

We are designed to run and we increase our chance of daily happiness when we do so.

~Jeff Galloway

The marathon is a competition between your will and your possibilities

~Jeff Galloway

To finish will leave you feeling like a champion and positively change your life.

~Jeff Galloway

The more you frame the marathon as a stressful experience, the more negative messages you'll receive. But it's just as easy to frame it as a positively challenging journey.

~Jeff Galloway

The most important force inside you for feeling better all the time is the will to get more fit.

~Jeff Galloway

When I finish a run, every part of me is smiling.

~Jeff Galloway

Everyone has stress. A good run may not erase it, but it can reduce the effect and allow runners to gain control.

~Jeff Galloway

There's an old adage that for every second too fast per mile in the first half of the race, you'll run at least 2 seconds slower at the end.

~Jeff Galloway

Marathon training doesn't have to be a grind. By running for about 30 minutes two times a week, and by gradually increasing the length of a third weekly run-the long run-anyone can finish a marathon.

~Jeff Galloway

We have a no puke rule. The purpose is performance, not puking.

~Jeff Galloway

Here is the start, there is the finish line. Between that, you have to run.

~Jeff Galloway

Find a way to enjoy parts of every run. Most of your runs should be mostly enjoyable.

~Jeff Galloway

If you're laboring up a steep hill, imagine that a towrope is attached to the center of your chest, pulling you steadily toward the top.

~Jeff Galloway

Think chest/hips/ push, or CHP, when it's time for uphill running. Chest up, hips forward, push strongly off each foot.

~Jeff Galloway

Even world class performers can benefit from walk breaks.

~Jeff Galloway

Most people have this perception that you have to be out there running for an hour and a half every day. But you don't have to give up your career and family to run a marathon.

~Jeff Galloway

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