Welcome to the Galloway Training Program!

BENEFITS
Most folks who get into a regular exercise program find that they are healthier, have more energy, are sick less often, and maintain a more positive attitude. You'll find personal resources which you didn't know were there. Above all, you'll have FUN, as you meet the members of your group and share many uplifting experiences.

MEDICAL CHECK
Prior to this program, check with a physician who knows the effects of strenuous exercise. You need to make sure that there are no factors which would put you at risk for exercise related cardiovascular problems. Those with the following risk factors should especially check with their physician: diabetes, more than 50 pounds overweight, have smoked cigarettes, high cholesterol, hypertension, or an immediate family member with any cardiovascular disease. You must be sensitive to the first signs of any cardiovascular problem - which include any irregular heart rhythm, shortness of breath, pain in the heart area and any unnatural reaction of your cardiovascular system. If this happens during any of your exercise sessions, slow down and get help immediately. Be sure to wear your ID at all time and list any problems or contact phone numbers as needed.

SAFETY
Never assume that you are safe. Keep watching for traffic and jump off the road when needed. Do not follow anyone into a dangerous situation - you are responsible for your own safety. Again, be sure to wear your ID at all times and list any problems and contact phone numbers.

GO SLOW!
The long runs will train you to go the distance. The slower you run, the faster you'll recover. It may be annoying for you when your group leader forces everyone to walk at regular intervals - especially in the beginning of the run. But keep in mind that these breaks will keep the legs relatively fresh throughout the run and get you to the end without being overly fatigued. The rest provided by the program is designed to protect you - don't run more than is noted on your schedule - and don't try to jump back into the program when you've been sick or injured.

HYDRATION
Drink about four to six ounces of water every hour you are awake. If you're sweating a lot, you can drink more than this. Avoid alcohol or caffeine as much as possible as both will dehydrate you.

WEAR YOUR GALLOWAY SHIRT!
You must wear your shirt on each of our group runs. We need this for identification purposes.

EATING
For those training for a full or half marathon, use the long runs to fine-tune your eating routine before the event itself. Many marathoners find that eating half an energy bar (or other low-fat energy snack such as a bagel) one hour before exercise will give them the energy they need. You may need to try this several times before your system becomes adjusted to new foods. As the long runs get longer, you may try eating additional pieces of an energy bar throughout the run. Again, your system will work out the best time-table for this.