



## 5K/10K Gazelles 2010

Been out of the game for a while? Tired of coming in fourth in your age group? Or are you just looking to switch gears while taking a break from marathon training? This training program is designed to help runners improve running form, strength, speed, endurance, and flexibility while preparing for 5K and 10K races. The group meets three times per week - Monday, Wednesday and Saturday – with a structured stretching session after most group meetings. Coached by former NCAA Champion Gilbert Tuhabonye and his team of assistants, workouts include hills, circuit training, long and short interval training, tempo runs, and more!

**START DATE:** First Monday of each month

**LENGTH:** Two months start, one month recurring

**FREQUENCY:** M/W 6:00 am or 5:30 p.m.; ALL Saturdays 7:00am

**COST:** \$140 first 2 months, \$75 recurring

**LOCATION:** RunTex Riverside, 422 W. Riverside Dr.

**\*\*INFORMATION SESSIONS 4<sup>TH</sup> SATURDAY OF EVERY MONTH AT RUNTEX \*\***

### Highlights

- Monthly programs
- 3 groups meetings per week with bonus stretching session on Saturdays
- Customized training calendar tailored to your needs and ability
- 15% discount at all RunTex locations
- 4 Free Boot Camp classes per week
- On-site physical therapists
- Members-only website section includes training videos from Gilbert