



2011 BOSTON MARATHON TRAINING GROUP

The class of all marathons in the United States, Boston has been a Gazelles stomping ground for the past eight years. Come and train under former NCAA Champion and world-renowned coach Gilbert Tuhabonye as he takes you through his tried and true program for your best experience yet. In 2010, 90% of those training with the Gazelles requalified to run Boston again in 2011. The group features workouts to prepare your body for the rigors of the rolling hills – taking you through some of the most beautiful areas of Austin. You will gain a broad understanding of training philosophy, race strategy, nutrition, and more. Weekly runs include core-centric circuit training, intervals, tempos, fartleks, hills, pace and long runs.

START DATE: December 6th, 2010

CLASS OPTIONS: M/W - 5:45, 7:15, 9:30 a.m. OR

T/Th – 5:45 am, 5:30 p.m.

ALL - Saturdays at 6:00am

COST: \$275 (\$225 for returning Gazelle)

LOCATION: RunTex Riverside, 422 W. Riverside Dr.

****INFORMATION SESSIONS 4TH SATURDAY OF EVERY MONTH AT RUNTEX ****

HIGHLIGHTS:

- Customized training calendar tailored to your needs
- 15% discount at all RunTex locations
- 5 Free Boot Camp/Core Classes per week
- On-site physical therapists
- Video Analysis of your running form
- Bonus stretching on Saturdays
- Online forum, videos, Gazelle gear

Questions? Email info@gilbertsgazelles.com or call 512.589.1310.