



## **Gilbert's Gazelles Training – Gift Certificates**

With a Gilbert's Gazelles Gift Certificate, you have the opportunity to come and train under one of the best running coaches in Texas and/or with his team of assistants to gain a broad understanding of training philosophy, race strategy, nutrition and more!

Gazelles workouts include strength training, intervals, tempo runs, fartleks, pace runs, hills, and long runs – all geared towards getting you to the start line fully prepared for your marathon.

Gift Certificates for training can be purchased in any dollar amount and applied to the costs of training and/or Gazelles apparel offered for sale through the training group.

Whenever you are ready, please contact Michael Madison for more information on each training group and how to get started.

Run With Joy,  
Michael Madison  
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