



Middle School & High School Gazelles 2010

Join other young athletes in this fun, yet demanding, training group designed to take runners to the next level. Whether your focus is on sprints, middle distance, or longer distance, this class provides a bridge between the track and cross country seasons, helping you develop speed, strength, endurance, and an increased knowledge of running. Runners age 10-18 years old are welcome, though space is limited. *Coached by former NCAA Champion Bernard Manirakiza*, runners will learn proper methods and mechanics during their training sessions, using the following techniques: speed enhancement, interval training, endurance training, agility drills, nutrition advice, and more!

START DATE: First Monday of each month

LENGTH: One Month

FREQUENCY: M/W 5:30 p.m., Saturdays 7:30am

COST: \$100/month

LOCATION: RunTex Riverside, 422 W. Riverside Dr.

CONTACT: Michael Madison – michael@gilbertsgazelles.com - 589.1310

****INFORMATION SESSIONS 4TH 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 including training videos from Gilbert