



Gazelle Boston Marathon 2009-10
Monday, December 7, 2009 - Monday, April 19, 2010

Come and train under the best running coach in Texas, his team of assistants, and other experienced marathoners in an exciting group dynamic. In 2008-2009 more than 30 Gazelles made the trip to the northeast to compete in America's most hallowed 26.2 mile race.

This program is dedicated to qualifying runners who want to get to the start line in Boston well-prepared to tackle their first attempt or improve their previous experience. You'll gain a broad understanding of training philosophy, race strategy, nutrition and more. Workouts include hills, strength training, intervals, tempo runs, fartleks, pace and long runs – all towards preparing you for the rolling hills and mental rigors of Boston.

Highlights

- Eighteen week program
- 3 group meetings per week
- Customized training calendar tailored to your needs and ability
- 15% Discount at all RunTex locations
- 3 free Boot Camp classes per week
- On-Site physical therapists
- Video analysis of your running form

Requirements

- Participants should be able to comfortably complete 10 miles
- Mileage load will be minimum 40-60 miles per week depending on ability, but could reach 80.
- Cost is \$250.00 for 18 weeks, or \$200 for returning Gazelles.

Start Date: Monday, December 7, 2009

Where: RunTex Riverside (422 West Riverside Dr.)

Days/Times: M/W at 5:45 am or T/Th at 5:45 a.m., everyone Saturdays at 6:00 am

Bonus: Stretching session on Saturdays, discount at AustinDEEP Massage

Questions? Contact Michael Madison at michael@gilbertsgazelles.com.