



2010 PERSONAL TRAINING

Gilbert Tuhabonye and Bernard Manirakiza, two former NCAA All-Americans, bring their successful running careers, proven training methods and inspirational life experiences to offer one-of-a-kind coaching and personal motivation straight to you. Gilbert and Bernard combine the joy of running, a love for life and state-of-the-art coaching techniques in an educational and inspiring format that has grown into one of the most popular training programs in Central Texas. Whether you're looking to get back into running after a long lay-off, fine tune your skills, or simply want to find the joy in running we're here for you!

Let us help you achieve your fitness goals in 2010!



Highlights:

- How to properly warm up and stretch
- Running form technique and training philosophy
- Nutrition and dietary instructions
- Tips on proper running shoes and other gear
- Strength training and injury prevention
- Running with joy
- How to prepare for your next race

COST: \$60/Hour

COACHES: Gilbert Tuhabonye, Bernard Manirakiza

TIME: By Appointment Only

MORE INFORMATION: www.gilbertsgazelles.com

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www.gilbertsgazelles.com - Run With Joy!