



2010 Gazelle Spring 10K Training  
Monday, March 1, 2010 – Saturday May 1, 2010

Come and train under the best running coach in Texas and his team of assistants in an exciting group dynamic. Whether this is your first attempt at a 10K race or are a seasoned veteran, this nine-week training program is for you!

During those nine weeks we will help you gain a broad understanding of training philosophy, race strategy, nutrition, running form and more. Workouts include strength training, intervals, tempo runs, fartleks, pace runs, hills, and long runs – all geared towards preparing you for some of Austin's finest 10K's that include the Texas Round Up and Inaugural Longhorn Run!

### **Highlights**

- Nine-week program
- 3 group meetings per week
- Customized training calendar tailored to your needs and ability
- 15% Discount at all RunTex locations
- 2 free boot camp classes per week
- On-site physical therapists
- Video analysis of your running form

### **Requirements**

- Participants should be able to comfortably complete 1 mile
- Cost is \$130.00 for 9 weeks, or \$110 for returning Gazelles.

**Start Date:** Monday, March 1, 2010

**Where:** RunTex Riverside Annex (422 West Riverside Dr.)

**Days/Times:** M/W at 5:45 am or M/W at 5:15 pm, everyone Saturdays at 7:00 am

**Bonus:** Stretching session on Saturdays, discount at AustinDEEP Massage

**Questions?** Contact Michael Madison at [michael@gilbertsgazelles.com](mailto:michael@gilbertsgazelles.com).