GAZELLE SPORTS
training programs
we'll get you to the finish line

Welcome to Gazelle Sports Marathon & Half Marathon Training Program!

Enclosed in this file is important information regarding injury prevention, running and safety tips, running nutrition and more. Please take some time to look over the enclosed information and use this as a reference during your training.

Instructions:

- Double click on folder icon to open file
- Select the PDF you wish to view and it will appear on the right
- Zoom in or out to view the document using the + or – symbols
- Use the up or down arrow to page through the entire document

Have a great training season…and Keep Moving!