



Marathon Training Sessions

FREE

Tuesdays • 6 - 7 pm

Billings Clinic Hospital

Health Conference Center - Rooms A/C

• **April 3**

Running Injuries

• **April 10**

Core/Hip Strengthening

• **April 17**

Yoga for Runners

• **April 24**

Training for Beginners

• **May 1**

Foot Wear and Foot Mechanics

• **May 8**

Running Nutrition

• **TBA**

Running after Baby

FREE

*Sessions lead by specialists from
Billings Clinic and the community.*

For more information call: 406-238-5497.

Marathon Training Session sponsors:

- Billings Clinic
- Montana Governor's Cup Marathon
- Time Out Sports