



**IMT Des Moines Marathon Running Club
Program Schedule**

Training Clinic

February 7
March 6
April 3
May 1
June 5

(1st Tuesday of each month at 6 pm)

Training Guides and Proper Gear
Running Economy at Des Moines University*
Proper Nutrition with Zoom Performance
Cross Training
Injury Prevention

Guest Speaker

Scheels
Shane McClinton
Jenny Weber
TBA
TBA

IMT Des Moines Marathon | 3702 Ingersoll Avenue | Des Moines, IA 50312

Cross Training with Gigi

March 13
April 10
May 8
June 12

(2nd Tuesday of each month at 6 pm)*

TBA
TBA
TBA
TBA

*Women’s Only running club members with a focus on cross training options.

Gigi’s Pilates Studio | 1312 Locust Street, Suite #203 | Des Moines, IA 50309

Fat Tire Fun Runs

March 27
April 24
May 29
June 26
July 31

(4th Tuesday of each month at 6 pm)*

3 – 5 mile routes around Gray’s Lake Park
3 – 5 mile routes around Gray’s Lake Park
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3 – 5 mile routes around Gray’s Lake Park
3 – 5 mile routes around Gray’s Lake Park

*Open to non club members.

El Bait Shop | 200 SW 2nd Street | Des Moines, IA 50309

Partners

