

Building Your Training Program to Get the Most of Each Workout

**Wednesday,
March 21,
6-7:30 p.m.
TOSH Auditorium**

To become a better runner it takes more than putting in the miles. We'll teach you how to structure your training to get the most out of each workout so you're ready to run your best on race day. Through our "Building Your Program" clinic you'll learn why systematic training works and how to implement such concepts into your plan.

Event is FREE.
To register email:
TOSHrunning@imail.org

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**TOSH – The Orthopedic
Specialty Hospital**

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