

FREE Training session for the Edinburgh Marathon



If you have already signed up for the Edinburgh Marathon Festival on 27/28 May 2017 then we hope you have already begun training!

But if you are needing some encouragement then there is a free workshop for runners to get professional advice on Wednesday 26 October 2016 at Nuffield Health on New Mart Road.

There will be a a talk from some experts at Nuffield Health and Run4It and also an optional guided run. You will need a head torch and running gear.

[Register here.](#)