

All of Run Wild Missoula's classes are group oriented and provide expert guidance to help you complete your Missoula Marathon and Half Marathon goals! We will provide you with a fun, knowledgeable, and encouraging workout environment. We have a class for all paces and abilities. You must be a RWM member to register for our classes. If you aren't a member yet, [please click here to join](#). If you need further guidance on which class is right for you, please stop by the office, call 406-544-7073, or email Elizabeth at [elizabethw@runwildmissoula.org](mailto:elizabethw@runwildmissoula.org).

Class	When	Cost	Class Description	Race Pace	Learn More
Half Marathon Walking Class	Begins March 7th, 2020  Class meets on Wednesdays @ 5:45 PM & Saturdays @ 8:15 AM	\$45.00	This class meets twice weekly to conquer your Half Marathon walking goals. This class is focused exclusively on walking, no running is involved. This is a fun and encouraging class for people of all abilities and ages.	Walking at your own pace	<a href="https://www.runwildmissoula.org/runwild/index.php/class/missoula-half-marathon-walking-class-2020/ID/ca09a10c/fuseaction/rwm.classesDetail.htm">https://www.runwildmissoula.org/runwild/index.php/class/missoula-half-marathon-walking-class-2020/ID/ca09a10c/fuseaction/rwm.classesDetail.htm</a>
Galloway Half Marathon Class	Begins February 16th, 2020  Class meets on Sundays @ 8 AM  Informal Buddy Runs on Tuesdays @ 6 PM, & Thursdays @ 6 PM	\$81.00	This training program uses the Run-Walk-Run training method, created by Olympian Jeff Galloway. You can expect short running intervals, followed by short walking intervals. This program is focused on completing the Half Marathon distance.	Participants in this class typically have race paces that fall between ~11 minutes/mile to 16 minutes/mile.  Most participants have a goal to complete the Half Marathon in ~2 hours and 20 minutes to 3 1/2 hours.	<a href="https://www.runwildmissoula.org/runwild/index.php/ID/04820ac2/class/galloway-2020-half-marathon-training-program-19-weeks/fuseaction/rwm.classDetail.htm">https://www.runwildmissoula.org/runwild/index.php/ID/04820ac2/class/galloway-2020-half-marathon-training-program-19-weeks/fuseaction/rwm.classDetail.htm</a>
Galloway Marathon Class	Begins January 12th, 2020 Class meets on	\$107.00	This training program uses the Run-Walk-Run training method, created by Olympian	Participants in this class typically have race paces that fall between	<a href="https://www.runwildmissoula.org/runwild/index.php/ID/1dd6">https://www.runwildmissoula.org/runwild/index.php/ID/1dd6</a>

	<p>Sundays @ 8 AM</p> <p>Informal Buddy Runs on Tuesdays @ 6 PM, &amp; Thursdays @ 6 PM</p>		<p>Jeff Galloway. You can expect short running intervals, followed by short walking intervals. This program is focused on completing the Marathon distance.</p>	<p>~11:30 minutes/mile to 17 minutes/mile.</p> <p>Most participants have a goal to complete the Marathon in ~5 hours to 7 hours+ (7.5 hour time limit)</p>	<p><a href="https://www.runwildmissoula.org/runwild/index.php/class/2020-missoula-marathon-amp-half-marathon-training-class/ID/58e6d890/fuseaction/rwm.classDetail.htm">8103/class/galloway-2020-marathon-training-program-24-weeks/fuseaction/rwm.classDetail.htm</a></p>
<p>Missoula Half Marathon Class</p>	<p>Begins March 1st, 2020</p> <p>Class meets on Sundays @ 8 AM &amp; Wednesdays @ 6:15 PM</p>	<p>\$75.00</p>	<p>You can expect mostly running in this Half Marathon training class. This class is open to all runners, from the first timer to the advanced Half Marathoner. There will be organized runs twice weekly to help guide you and motivate you.</p>	<p>Participants in this class typically have race paces that fall between ~8 minutes/mile to 11 minutes/mile.</p> <p>Most participants have a goal to complete the Half Marathon in ~1 hour and 45 minutes to 2 hours and 20 minutes.</p>	<p><a href="https://www.runwildmissoula.org/runwild/index.php/class/2020-missoula-marathon-amp-half-marathon-training-class/ID/58e6d890/fuseaction/rwm.classDetail.htm">https://www.runwildmissoula.org/runwild/index.php/class/2020-missoula-marathon-amp-half-marathon-training-class/ID/58e6d890/fuseaction/rwm.classDetail.htm</a></p>
<p>Missoula Marathon Training Class</p>	<p>Begins March 1st, 2020</p> <p>Class meets on Sundays @ 8 AM &amp; Wednesdays @ 6:15 PM</p>	<p>\$75.00</p>	<p>You can expect mostly running in this Marathon training class. This class is open to all runners, from the first timer to the advanced Marathoner. There will be organized runs twice weekly to help guide you and motivate you.</p>	<p>Participants in this class typically have race paces that fall between ~8:30 minutes/mile to 11:30 minutes/mile.</p> <p>Most participants have a goal to complete the Marathon in ~3 hours and 40 minutes to 5 hours+ (7.5 hour time limit)</p>	<p><a href="https://www.runwildmissoula.org/runwild/index.php/class/2020-missoula-marathon-amp-half-marathon-training-class/ID/58e6d890/fuseaction/rwm.classDetail.htm">https://www.runwildmissoula.org/runwild/index.php/class/2020-missoula-marathon-amp-half-marathon-training-class/ID/58e6d890/fuseaction/rwm.classDetail.htm</a></p>