



ASPIRE DISTANCE ACADEMY

13 JULY 2020: BRUCE PULMAN PARK TEAMSPORT BLDG – DAY 1

14 JULY 2020: MT SMART STADIUM – DAY 2

Promoting Athletic excellence for endurance runners

Athletics Auckland will be conducting a two-day Academy for athletes to learn concepts around endurance training. The academy is offered to club and school athletes aged from 12 to 17 years of age.

Time: 9.30am to 3.00pm each day. Total cost \$40. (\$20 for each day)

Venues: Pulman Park (Ardmore Rugby club) and Mt Smart stadium



BE INSPIRED

**FOCUSING ON THE
TECHNICAL
ASPECTS OF
ENDURANCE
RUNNING**

**SPECIFIC TO CROSS
COUNTRY**

**OPEN TO CLUB &
SCHOOL ATHLETES**

**ENROL NOW ON AAI
WEBSITE.
REGISTRATIONS
CLOSE 8 JULY**

**ATHLETICS
AUCKLAND**

51 O'rorke Road
Penrose

www.athleticsauckland.co.nz

Ph: 525 6903