

LAKE CITY ATHLETIC CLUB & ATHLETICS NEW ZEALAND
PRESENT:

Kia Tū, Kia Ora

Summer Wellness

15 WEEK PROGRAMME



ROTORUA MARATHON

A 15 Week Training Programme - Supporting You Every Step of The Way

- Running clinics ● Social events
- Training plan ● Fun challenges
- Nutritional support ● Free entry to run any distance*
- Professional mentors ● **Terms and Conditions apply*

Starts 21st January 2020

Sign up at Lakecity.co.nz

