

TTT Runners. Y5 - Y8 Cross Country Programme.

Register at www.tttrunners.com to receive specific details for each session.

For more information email info@jameskuegler.com.

Cost \$10/session. \$70/month.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Every Week	Junior Training. 4:00-5:00PM. Karaka.			Track Session. 6:00-7:30PM. Papakura.		Saturday Session. 8:00-9:30AM. Location Varies.	

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21-Jun						Athletics Auckland Cross Country. Long Bay.	Cross Country Training. 10:00-11:00AM. Bombay.
28-Jun							Xterra Auckland Trail Run. Waiuku.
5-Jul							Cross Country Training. 10:00-11:00AM. The Gardens.
12-Jul		Cross Country Training. 9:00-10:00AM. The Gardens.					

19-Jul						Athletics Auckland Cross Country. Flat Bush.	Xterra Auckland Trail Run. Hunua.
26-Jul			Cross Country Training. 4:00-5:00PM. Opaheke.				
2-Aug				ECCS Y7/8 Cross Country. Beachlands.			Cross Country Training. 10:00-11:00AM. Bombay.
9-Aug			Cross Country Training. 4:00-5:00PM. Pukekohe.				
16-Aug		Counties Y7/8 Cross Country. Pukekohe.					
23-Aug			Cross Country Training. 4:00-5:00PM. Bombay.			Cross Country Training. 2:00-3:00PM. The Gardens.	
30-Aug			Franklin Y7/8 Cross Country. Pukekohe.				AIMS Games Cross Country. Tauranga.
6-Sep							
13-Sep		Auckland Y7/8 Cross Country. Muriwai					