

## TRAINING PACKAGES

The following <u>must be contacted</u> prior to any training activities, organised or otherwise, in the area:

Kungälv Kungälvs OK Rickard Nilsson <u>r@in.se</u>

Ale OK Alehof Rasmus Larsson <u>rasmus.94@telia.com</u>

A small training package for an area about 10 km from the Arena will be available in **March-April 2016.** The terrain is relatively similar.

Contact: OK Alehof Rasmus Larsson rasmus.94@telia.com

More extensive training packages will be available prior to the 10-Mila event in Gothenburg in 2017.

Further details can be found at: www.10mila.se



