

Team FatBird: Operation Kingfisher 2011
Frequently Asked Questions (FAQ)
Version 2.0 (2 August 2011)

About the Program:

What is Operation Kingfisher 2011?

Operation Sunbird is a 6-week marathon training program for runners doing the Singapore Bay Run / Army Half Marathon (SBR/AHM) on 4 September 2011. It comprises of one weekday PowerFLIGHT speed/strength workout and one weekend FlightZONES long run weekly.

Do I need to register for the SBR/AHM myself?

This training program does not come packaged with a AHM race slot. You will need to get your own registration for the race.

What is the training program for Operation Kingfisher 2011 based on?

The training program is based on 2 key foundation systems:

- PowerFLIGHT™ Strength and Speed Training System
- FlightZONES™ Training System, incorporating heart-rate measurements and progressive paced running (Half-Marathon).

The sessions are conducted by a team of experienced Marathoners and Pacers.

Where do the Training Contributions go to?

The Training Contributions go towards the following:

- A 6-week program comprising of one weekday strength/speed workout and one weekend long run, weekly.
- The FlightZONES™ Training System, incorporating heart-rate measurements and progressive paced running
- The PowerFLIGHT™ Training System, incorporating track/road intervals, hill repeats and trails/rolling hills
- Experienced Runners and Pacers leading and guiding the runs
- A RACE DAY vest to trainees who meet attendance criteria
- Regular emails and online postings of the weekly training plan and tips on running techniques, form and essentials
- Isotonic drinks / refreshments post-runs
- eCertificates of Completion to qualified participants
- Discounts on partner products

Where can the trainees get detailed information on training schedules and access to the coach/training crew?

The Kingfisher's Nest, a private training area has been set up to inform, update and share all training information. All registered trainees will be invited to join the Kingfisher's Nest on Facebook.

I have submitted my registration, but have yet to receive any reply. Am I accepted into the training program?

Due to limited number of spaces for Operation Kingfisher 2011, runners who register for the training program will be subjected to approval by the organizing committee before having their application accepted.

Successful applicants will receive an email confirming their training slot and payment details within 5 days of their registration. Payment for training contributions have to be made within a week (7 days) of acceptance, otherwise the slot may be forfeited.

Unsuccessful applications will be put on a waiting list, unless the applicant withdraws the application with a written note to training@teamfatbird.com .

I am not participating in AHM2011. Can I still apply for the OPERATION KINGFISHER training package, to make use of the training for my other upcoming half marathons?

Yes, you can apply for, and leverage on the Kingfisher training program to prepare and train for your other half marathon races.

What sizing should I choose for the apparel?

We will provide sizing specifications for final selection before ordering the running tops for you.

About the training runs:

I am unable to commit to the training schedules of the entire Kingfisher Program. Can I just participate in some of the training sessions?

There is a drop-in fee of \$10/session if you wish to just come for a few selected sessions. Write in to training@teamfatbird.com with your selected dates, and we will send you the training details. Drop-in participants will not be able to qualify for program entitlements, but will still have access to training, refreshments, and available team sales/discounts.

Is it compulsory for me to attend all training sessions? What if I cannot attend some of them?

The training schedule serves as a guide for your training. However, while it is not compulsory to attend all training sessions, you are encouraged to attend as many training sessions as possible to gain maximum benefits out of Operation Kingfisher 2011. The Kingfisher race day vest will be given to you upon satisfying attendance criteria of 50% sessions.

When and where are the weekday/weekend runs held? What time do the runs start?

Please refer to Training Schedule <http://bit.ly/iJclBD> for more information on the dates for weekend runs.

Detailed weekly schedules will be provided once you are enrolled.

I am busy during the weekday evenings and may not be able to attend some of the weekday training sessions. Will it affect my attendance record and performance build-up?

The weekday PowerFLIGHT session is planned for Wednesday evenings. This may be done at your own time and venue if you are unable to make it to the designated weekday training runs.

Is there baggage deposit area at the meeting point?

There is baggage deposit area at the meeting point for trainees to store their belongings, however please refrain from storing valuables. Team FatBird will not be responsible for any loss or damaged items.

Are drinks / refreshments provided?

Drinks are provided at the meeting point post-run. There will not be drinks / refreshments stations provided along the running route, therefore bring your own hydration for the duration of the run.

Where do I find the route map for the run?

There will be a route briefing prior to the start of the run, and there will be Running Guides and marshals showing the route during the run.

I have signed up for some races which clash with the weekend Training Runs. How will it affect my training attendance record?

Trainees are allowed up to 2 races in place of weekend training runs. The race(s) will be treated as make-up for weekend training, and timings will be recorded accordingly in the Kingfisher Training Attendance.

Will the training runs be cancelled due to bad weather, and will my attendance be recorded in such circumstances?

FatBird Training Runs are rarely cancelled. The organizers will always be present at all FatBird Training Runs.

In the event of the run needing to be cancelled due to inclement weather and other unforeseen circumstances, alert messages will be posted in The Nest (facebook) 1 to 2 hrs prior to the training run. In cases of heavy thunderstorms, training will still go on (with a revised program if necessary) when the rain subsides and there are no dangerous conditions like lightning or flooding. A final decision will be made on location 1hr after the scheduled start time to cancel or proceed.

Attendance for such training sessions will be waived, and made not compulsory. Trainees may do their own run following the program guidelines, and report their timings for record purposes.
