

Operation Kingfisher 2011 - Strength & Speed Sessions

Week		Date	Time	Type
Week #01	FatBird	Wed 20/7	1900 hrs	Hills
	Personal	Sun 24/7	0700 hrs	LSD
Week #02	FatBird	Wed 27/7	1900 hrs	Track
	FatBird	Sun 31/7	0700 hrs	Hills
Week #03	Personal	Wed 3/8	1900 hrs	Hills
	FatBird	Sat 6/8	0700 hrs	LSD
Week #04	FatBird	Wed 10/8	1900 hrs	Track
	Personal	Sun 14/8	0700 hrs	LSD
Week #05	FatBird	Wed 17/8	1900 hrs	Hills
	FatBird	Sun 21/8	0700 hrs	Hills
Week #06	FatBird	Wed 24/8	1900 hrs	Track
	Personal	Sat 27/8	0700 hrs	LSD
Week #07		Sun 4/9	0500 hrs	RACE

** Personal Runs denote your own runs. FatBird Runs will be guided and done with Team FatBird trainers.

** 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.