

Operation NightHawk 2011 - Training Runs Schedule

Week	Date	Time
Week #01	Sun 13/3	0700 hrs
Week #02	Fri 18/3	2000 hrs
Week #03	Sun 27/3	0700 hrs
Week #04	Fri 1/4	2000 hrs
Week #05	Sun 10/4	0700 hrs
Week #06	Fri 15/4	2100 hrs
Week #07	Sun 24/4	0700 hrs
Week #08	Fri 29/4	2100 hrs
Week #09	Sun 8/5	0700 hrs
Week #10	Fri 13/5	2100 hrs
Week #11	Sun 22/5	0700 hrs
Week #12	Sat 28/5	2000 hrs

** You will be informed of adjustments in dates and sessions to this training schedule where possible

** 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.