

Team FatBird: Operation NightHawk 2012
Frequently Asked Questions (FAQ)
Version 1.8 (15 Jan 2012)

About the Program:

What is Operation NightHawk 2012?

Operation NightHawk is a 12-week marathon training program to prepare runners (Half Marathon & Full Marathon Categories) racing the Sundown Marathon on 26-27 May 2012. It comprises of weekday workouts, weekend day long runs as well as weekend night long conditioning runs weekly.

What is the training program for Operation NightHawk 2012 based on?

The training program is based on FlightZONES™ Training System, incorporating heart-rate measurements and progressive paced running, and complemented with PowerFLIGHT™ Strength and Speed Training System. The sessions are conducted by a team of experienced Marathoners and Pacers.

Please refer to “Team FatBird’s FlightZONES™ Benefits Chart” under the Discussions tab in the NightHawk’s Nest for more information, accessible once you have successfully registered for the training program.

Where do the Training Contributions go to?

The Training Contributions go towards the following:

- 12-week Team FatBird (www.teamfatbird.com) Flight-Zones™ Marathon Training Program:
 - Heart-Rate & Pace Training sessions.
 - Weekday tempo runs & weekend long runs
 - Isotonic Drinks/Refreshments after long runs.
 - Experienced Marathoners and Pacers leading and guiding the runs
 - Running Guides and Marshals showing the training routes
 - Advisory & Information on Running Techniques, Performance, Sports Nutrition
 - A New Balance (NB) “Operation NightHawk 2012” TRAINING short-sleeved top
 - A pair of New Balance (NB) shorts
 - A New Balance “Operation NightHawk 2012” RACE NIGHT singlet
- Race Hospitality Tent for NightHawk Trainees
- Isotonic drinks / refreshments post-runs
- A one-time 50% kit-up discount for NB apparel, shoes, equipment
- Special discounts on 2XU Compression products, other partner equipment & products
- eCertificates/Awards of Completion to qualified participants

I am not participating in Sundown Marathon. Can I still apply for the Operation NightHawk training package, to leverage on the training for my other upcoming marathons?

Yes, you can still apply for just the training program, subject to the availability of training slots after priority is given to Sundown Marathon participants.

Is there a separate training program for those doing the UltraMarathon (100km)?

The NightHawk Program caters specifically to the Half Marathon and Full Marathon participants. However, the UltraMarathon participants are most welcomed to leverage on the full marathon program to have group LSDs complement your own personal LSDs required.

I have signed up for the Half Marathon at Sundown. Can I do more and train like the Full Marathoners?

While that is not encouraged, experienced Half Marathon runners may tap on portions of the Full Marathon training, but it will not be specific and too useful for your Half Marathon race. You will need to talk to our trainers and training guides to get an assessment as well as do some adaptation and moderation.

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

The NightHawk’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 NightHawk’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 NightHawk 2012, 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 3 days of their registration. Payment for training contributions have to be made within a week (7 days) of acceptance, otherwise the slot will 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 .

What sizing should I choose for the apparel?

All apparel sizing are based on current New Balance (Asian sizing) at the stores. We will provide sizing specifications for final selection before ordering the running gear for you.

About the training runs:

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 NightHawk 2012. Also the entitlements are only given to you upon satisfying attendance and performance criteria.

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

Please refer to **Training Schedule** in the [NightHawk Facebook Page](#) for more information on the dates for weekend runs.

Detailed weekly schedules will be provided once you are enrolled.

Most (70%) of the weekend runs are at the ECP area.

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 optional weekday runs are planned for Monday, Tuesday or Thursday evenings. They may be done at your own time and venue, and there is no requirement for reporting of timings other than for your own recording purposes.

Is there baggage deposit area at the meeting point?

There is a small baggage deposit area at the meeting point for trainees to keep their belongings during the long runs, however please travel light and do not bring valuables. Team FatBird will not be responsible for any loss or damaged items.

Are drinks / refreshments provided?

Drinks / refreshments are provided at the meeting point. 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 NightHawk 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.

About the race:

Will Team FatBird be the official pacers for Sundown Marathon 2012?

Team FatBird has been appointed to provide official pacing and training for the Sundown Marathon Ambassadors 2012. We will have Pace Training from Week 7 of Operation NightHawk 2012, where the trainees will get to run the longer distances in target pace along with the Sundown Ambassadors (Pacers) and Running Guides.

Will there be a meetup for the Operation NightHawk trainees during the event?

There will be a hospitality tent for Operation NightHawk trainees and Ambassadors/Pacers to gather on the event day. More details will be released closer to the event date.