

Operation NightHawk 2012 - Weekend Training Runs Schedule

Week	Date	Time
Week #01	Sat 10/3	0700 hrs
Week #02	Fri 16/3	2000 hrs
Week #03	Sun 25/3	0700 hrs
Week #04	Fri 30/3	2000 hrs
Week #05	Sun 8/4	0700 hrs
Week #06	Fri 13/4	2000 hrs
Week #07	Sat 21/4	0700 hrs
Week #08	Fri 27/4	2000 hrs
Week #09	Sun 6/5	0700 hrs
Week #10	Fri 11/5	2000 hrs
Week #11	Sun 20/5	0700 hrs
Week #12	Sat 26/5	2000 hrs

	Day Run
	Night Run
	Lead-Up Run

** 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.