

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.