

# **Team FatBird: Operation Kookaburra 2012**

## **Frequently Asked Questions**

### **Version 1.5 (9 Jan 2012)**

#### **About the Program:**

##### **What is Operation Kookaburra?**

Operation Kookaburra is a 12-week marathon training program for runners to compete and complete the Gold Coast Airport Marathon (GCAM) <http://www.goldcoastmarathon.com.au/> on 1 July 2012. It comprises of two weekday workouts and one weekend long run weekly. Team FatBird will provide on-the-ground long run training every fortnightly for 6 weeks.

##### **I did not register for GCAM 2012. Can I still join Operation Kookaburra?**

Priority registrations will be given to runners who are running the GCAM 2012. Subject to availability of training slots, you will be able to join the Ops Kookaburra Training Program by paying a training contribution of \$100 if you have not signed up under the Queensland Tourism-Team FatBird package.

##### **What is the training program for Operation Kookaburra based on?**

The training program is based on Team FatBird's FlightZONES™ Training System, incorporating heart-rate measurements and progressive paced running, and complemented with aspects of the Official Gold Coast Marathon Training Program. The sessions are conducted by a team of experienced Marathoners and Running Guides.

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

##### **What does the Training Program cover?**

The Ops Kookaburra Training Program comprises the following:

- 12-week Team FatBird ([www.teamfatbird.com](http://www.teamfatbird.com)) Flight-Zones™ Marathon Training Program:
  - Heart-Rate & Pace Training sessions.
  - Running Guides and Marshals showing the routes
  - 2 weekday runs & fortnightly weekend long run
  - Experienced Marathoners and Running Guides leading and guiding the runs
  - Advisory & Information on Running Techniques, Performance, Sports Nutrition
- Trainees meeting the attendance and performance criteria will receive
  - A “Operation Kookaburra” TRAINING dri-fit top
  - eCertificates/Awards of Completion
- Isotonic drinks / refreshments post-runs

**When does Ops Kookaburra training begin, and how many sessions are there?**

Training is scheduled from April-June 2012, with the fortnightly weekend long run (a few evening runs) being on-the-ground training runs.  
Details of the training schedule will be made known in March 2012.

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

The Kookaburra'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 Kookaburra'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 Kookaburra 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 (if required) **within 7 days of their registration**.  
Applications which are not successful will be put on waiting list, unless the applicant withdraws the application with a written note to [training@teamfatbird.com](mailto:training@teamfatbird.com).

**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 Kookaburra 2012.

---

**About the weekend runs:**

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

Please refer to the Training Schedule  
<http://kookaburra.teamfatbird.com/training/OKB12TrainingSchedule.pdf> and  
"Operation Kookaburra Weekly Training Schedule" under the Discussions tab for more information.  
Details of the training schedule will be made known in March 2011.

**Is there baggage deposit area at the meeting point?**

There is baggage deposit area at the meeting point for trainees to store their belongings, however please refrain from storing 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 during on-the-ground

training runs. 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 runs?**

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.

---

#### **About the race:**

##### **Will Team FatBird be pacers at GCAM 2012?**

Team FatBird will not be providing pacing for GCAM 2011. There will be official pacers at the GCAM. Do keep a lookout at the official GCAM website (<http://www.goldcoastmarathon.com.au/>) for more information.

##### **Will there be a meetup for the Operation Kookaburra 2012 trainees during the Gold Coast Marathon event?**

There are plans for a welcome carbo-loading dinner as well as meet-up points at the GCAM Race Expo, before race and after race. More details will be released closer to the event date.