

## Operation Kookaburra 2012 - Training Schedule

Week	LSD Run	Date	Time
Week #01	FatBird	Fri 13/4	2000 hrs
Week #02	Personal	Fri 20/4	2000 hrs
Week #03	FatBird	Fri 27/4	2000 hrs
Week #04	Personal	Fri 4/5	2000 hrs
Week #05	FatBird	Fri 11/5	2000 hrs
Week #06	Personal	Sun 20/5	0700 hrs
Week #07	Personal	Sun 27/5	0700 hrs
Week #08	FatBird	Sun 3/6	0700 hrs
Week #09	FatBird	Fri 8/6	2000 hrs
Week #10	Personal	Sun 17/6	0700 hrs
Week #11	FatBird	Sun 24/6	0700 hrs
Week #12	<b>RACE</b>	<b>Sun 1/7</b>	<b>0700 hrs</b>

\*\* There will be 6 Training Runs led by Team FatBird

\*\* 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.