

## Operation Kookaburra 2018 - Training Schedule

Week	LSD Run	Date	Time
Week #01	FatBird	Sat 7/4	1830 hrs
Week #02	Personal	Sun 15/4	0630 hrs
Week #03	Personal	Sat 21/4	1830 hrs
Week #04	FatBird	Sun 29/4	1830 hrs
Week #05	FatBird	Sun 6/5	0630 hrs
Week #06	Personal	Sat 12/5	1830 hrs
Week #07	Personal	Sun 20/5	0600 hrs
Week #08	FatBird	Sun 27/5	0630 hrs
Week #09	FatBird	Sat 2/6	1830 hrs
Week #10	Personal	Sun 10/6	0630 hrs
Week #11	FatBird	Sun 17/6	0630 hrs
Week #12	Personal	Sun 24/6	0700 hrs
<b>Week Race</b>		<b>Sun 1/7</b>	<b>0710 hrs</b>

\*\* There will be 6 Group 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.