

## Operation Kingfisher 2017 - Strength & Speed Sessions

Week	With	Date	Time	Type
Week #01	FatBird	Wed 28/6	1930 hrs	LSR
Week #02	FatBird	Fri 7/7	1900 hrs	Track
	FatBird	Sun 9/7	0700 hrs	LSR
Week #03	FatBird	Fri 14/7	1900 hrs	Track
	FatBird	Sun 16/7	0645 hrs	LSR
Week #04	FatBird	Sun 23/7	0700 hrs	LSR
Week #05	FatBird	Fri 28/7	1900 hrs	Track
	FatBird	Sun 30/7	0700 hrs	LSR
Week #06	FatBird	Fri 4/8	1930 hrs	Track
	FatBird	Sun 6/8	0700 hrs	LSR
Week #07	FatBird	Fri 11/8	1900 hrs	Track
	FatBird	Sun 13/8	0700 hrs	LSR
Week #08	FatBird	Wed 16/8	1930 hrs	Tempo
	FatBird	Sun 20/8	0500 hrs	AHM