

Operation NightHawk 2018 - Training Schedule

Week	Date	Time
Week #01	Sat 3/3	1830 hrs
Week #02	Sat 10/3	1830 hrs
Week #03	Sun 18/3	0630 hrs
Week #04	Sun 25/3	0630 hrs
Week #05	Sat 31/3	1830 hrs
Week #06	Sat 7/4	1830 hrs
Week #07	Sun 15/4	0630 hrs
Week #08	Sat 21/4	1830 hrs
Week #09	Sun 29/4	0630 hrs
Week #10	Sun 6/5	0630 hrs
Week #11	Sat 12/5	1830 hrs
RACE Week	Sat 19/5	2330 hrs

	Day Run
	Night 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.