

## Operation Sunbird 2018 - BaseBuild/Pace Sessions

| Week      | Date      | Time     |
|-----------|-----------|----------|
| Week #01  | Sun 16/9  | 0700 hrs |
| Week #02  | Sun 23/9  | 0700 hrs |
| Week #03  | Sun 30/9  | 0645 hrs |
| Week #04  | Sun 7/10  | 0645 hrs |
| Week #05  | Sun 14/10 | 0645 hrs |
| Week #06  | Sat 20/10 | 0630 hrs |
| Week #07  | Sun 28/10 | 0630 hrs |
| Week #08  | Sun 4/11  | 0630 hrs |
| Week #09  | Sun 11/11 | 0630 hrs |
| Week #10  | Sun 18/11 | 0630 hrs |
| Week #11  | Sun 25/11 | 0645 hrs |
| Week #12  | Sun 2/12  | 0730 hrs |
| RACE WEEK | Sun 9/12  | 0430 hrs |

\*\* 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.