

Program PowerFLIGHT 2018 II - Strength & Speed Sessions

Week	Date	Time **	Type	Location *
Week #01	Fri 8/6	1915 hrs	Hills	LP
	Sun 10/6	0700 hrs	Long Run	SH
Week #02	Wed 13/6	1915 hrs	Track	SG
	Sun 17/6	0700 hrs	Long Run	SH
Week #03	Fri 22/6	1915 hrs	Hills	LP
	Sun 24/6	0700 hrs	Long Hills	MF
Week #04	Wed 27/6	1915 hrs	Track	SG
	Sun 1/7	0700 hrs	Tempo	SH
Week #05	Fri 6/7	1915 hrs	Hills	LP
	Sun 8/7	0700 hrs	Pace Run	MR
Week #06	Wed 11/7	1915 hrs	Track	SG
	Sun 15/7	0700 hrs	Tempo	SH
Week #07	Fri 20/7	1915 hrs	Hills	LP
	Sun 22/7	0700 hrs	Pace Run	SH
Week #08	Wed 25/7	1915 hrs	Track	SG
	Sun 29/7	0700 hrs	Tempo	SH
Week #09	Fri 3/8	1915 hrs	Hills	LP
	Sun 5/8	0700 hrs	Pace Run	MR
Week #10	Wed 8/8	1915 hrs	Track	SG
	Sun 12/8	0700 hrs	Long Run	SH
Week #11	Fri 17/8	1915 hrs	Hills	LP
	Sun 19/8	0700 hrs	Tempo	SH
Week #12	Wed 22/8	1915 hrs	Track	SG
	Sun 26/8	0430 hrs	Race	AHM

LOCATIONS		
LP	Labrador Park MRT	MAP: https://goo.gl/WGrf7K
SH	Sports Hub	https://goo.gl/GdV6oW
SG	Serangoon Stadium	MAP: http://bit.ly/aiQIBi
MF	SAFRA Mt. Faber	MAP: http://bit.ly/pcJVnc
MR	Macritchie Reservoir	MAP: http://bit.ly/zO7peY
MC	Marine Cove, ECP	MAP: https://goo.gl/op42Yq

* Training locations are fixed, unless otherwise advised 3 days before the session

** Please report 15min before the start of training session for attendance and warm-up