

## Operation Sunbird 2011 - Weekend BaseBuild Sessions

Week	Date	Time	Venue
Week #01	Sun 11/9	0700 hrs	Playground
Week #02	Sat 17/9	0700 hrs	MacRitchie R.
Week #03	Sun 25/9		Own Training
Week #04	Sun 2/10	0700 hrs	Mt. Faber
Week #05	Sun 9/10	0700 hrs	MacRitchie R.
Week #06	Sun 16/10	0700 hrs	CEC - NBRR
Week #07	Sun 23/10	0700 hrs	Playground
Week #08	Sat 29/10	0700 hrs	Mt. Faber
Week #09	Sun 6/11	0700 hrs	ECP
Week #10	Sun 13/11	0700 hrs	ECP
Week #11	Sun 20/11	0700 hrs	Changi Beach
Week #12	Sun 27/11	0700 hrs	Playground
Week #13	Sun 4/12	0500 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.