

## SD Saturday Centralize Training 2007-2008

Week	Date	Venue	Time	Comment/Aim
1	20102007	Yishun	745am-1015am	Introduction
2	27102007	Yishun	745am-1015am	*
3.	03112007	Yishun	745am-1015am	SD Physical Test Day 1
4	10112007	Yishun	745am-1015am	
5	17112007	Yishun	745am-1015am	
6	24112007	Yishun	745am-1015am	*
7	01122007	Yishun	745am-1015am	
8	08122007	Yishun	745am-1015am	SD Cross Country Run
9	15122007	Yishun	745am-1015am	
10	22122007	Yishun	745am-1015am	*
12	29122007	Yishun	745am-1015am	SD Physical Test Day 2
13	05012008	Yishun	745am-1015am	
14	12012008	Yishun	745am-1015am	
15	19012008	Yishun	745am-1015am	
16	26012008	Yishun	745am-1015am	*
17	02022008	SP POLY	745am-1015am	SD Meet 2008
18	16022008	Yishun	745am-1015am	
19	23022008	Yishun	745am-1015am	*
20	01032008	Yishun	745am-1015am	
21	08032008	Yishun	745am-1015am	
22	15032008	Yishun	745am-1015am	All Comer's Meet 1
23	22032008	Yishun	745am-1015am	* SPH Relay
24	29032008	Yishun	745am-1015am	
25	05042008	Yishun	745am-1015am	
26	12042008	Yishun	745am-1015am	National JR 2008
27	19042008	Yishun	745am-1015am	National JR 2008
28	26042008	Yishun	745am-1015am	* National JR 2008
29	03052008	Yishun	745am-1015am	
30	10052008	Yishun	745am-1015am	
31	17052008	Yishun	745am-1015am	
32	24052008	Yishun	745am-1015am	
33	31052008	Yishun	745am-1015am	* All Comer's Meet 2
34	07062008	Yishun	745am-1015am	Swift Meet 2008
35	14062008	Yishun	745am-1015am	TBC Wings Meet 2008
36	21062008	Yishun	745am-1015am	
37	28062008	Yishun	745am-1015am	*
38	05072008	Yishun	745am-1015am	NAT School
39	12072008	Yishun	745am-1015am	NAT School
40	19072008	Yishun	745am-1015am	NAT School
41	26072008	Yishun	745am-1015am	* Debrief