

二零零八年二至四月的訓練計劃 Training Plan, February - April 2008

要取得較佳的鍛練效果，應每週進行3-4次的練習。
「神行太保」的會友在不同地點安排了定時的練習，想找伴的話，歡迎參與。
大家一起努力！加油…噢！

	Mon	Tue	Wed		Thurs	Fri		Sat	Sun
日期	星期一 Hammer Hill Road	星期二	星期三		星期四 Sham Shui Po	星期五		星期六	星期日 With Friends
			Kwai Chung	Fanling		Kwai Chung	Tai Po		
Feb 11-17	Members' Session	Rest	6 x 3min + 2:00	Lo's Session	8 x 1min + 1:00	4 x 12min + 2:00	Members' Session	Spare Day	3hrs easy (HK Mar.)
18-24	Members' session	Rest	7 x 3min + 2:00	Lo's Session	8 x 1min + 1:00	5 x 12min + 2:00	Members' Session	Spare Day	3hrs easy (KOTHs)
25-Mar 2	Members' session	Rest	8 x 3min + 2:00	Lo's Session	9 x 1min + 1:00	5 x 12min + 2:00	Members' Session	Spare Day	3hrs easy
3-9	Member's Session	Rest	6 x 3min + 1:30	Lo's Session	6 x 1min + 2:00	Rest	Members' Session	Time Trial	Rest
10-16	Members' session	Rest	8 x 3min + 1:30	Lo's Session	9 x 1min + 1:00	6 x 12min + 3:00	Members' Session	Spare Day	Asia 20K Champs
17-23	Members' session	Rest	8 x 3min + 1:30	Lo's Session	10 x 1min + 1:00	6 x 12min + 3:00 (Good Friday)	Members' Session	Spare Day (TDFGF)	3hrs easy
24-30	(Easter Holiday)	Rest	8 x 3min + 1:00	Lo's Session	10 x 1min + 1:00	3 x 12min + 3:00	Members' Session	Spare Day	10K Tai Po
31-Apr 6	Members' session	Rest	8 x 3min + 1:00	Lo's Session	10 x 1min + 1:00	6 x 12min + 2:00 (Ching Ming Festival)	Members' Session	Spare Day	3hrs easy
7-13	Members' session	8 x 1min + 1:00	6 x 3min + 1:30	Lo's Session	Rest	15min workout	Members' Session	Spare Day	2hrs easy
14-20	Members' session	6 x 3min + 3:00	15min workout	Lo's Session	Rest	Rest	Members' Session	Rest	MTR

Training venue, time, and contact persons, please go and click http://hk.geocities.com/shtb_walk

No member's training on public holidays, except the Sunday long walks

注意：會員訓練日如碰巧為公眾假期則取消