



ADNOC ABU DHABI MARATHON

PRESENTED BY
Abu Dhabi
Sports Council
مجلس أبوظبي الرياضي

Weekly Training Schedule

Day	Time	Workout type	Location
Friday 5 th	5.30am	21 km long Run Or Your own distance long run	Hiltonia Beach Parking
Saturday 6 th	@YOT	Gym Circuit training	@your own place
Sunday 7 th	@YOT	10km easy run @20-25% of your efforts	@your own place
Monday 8 th	7.45pm	Speed workout session Warm up+300meters repeats *12 100meters recovery distance between each set	Zayed Sports City Running Track
Tuesday 9 th	@YOT	10km easy run @25 efforts	@your own place
Wednesday 10 th	7.00pm	Warm up 15-20min +stretching +running drills +core workouts	Lake Park car parking At the end of 18 th street

NOTE: Thursday is a resting day!