



ADNOC ABU DHABI MARATHON

PRESENTED BY
Abu Dhabi
Sports Council
مجلس أبوظبي الرياضي

Weekly Training Schedule

Day	Time	Workout type	Location
Friday 12 th	6am	Pink Run or Long run 15km	@your own place
Saturday 13 th	@YOT	Recovery Run for 8/10km Make sure doing a good stretching	@your own place
Sunday 14 th	@YOT	10km easy run @20-25% of your efforts	@your own place
Monday 15 th	7.45pm	Interval session 1200m+800m+400 *2 400meters recovery distance between each set	Zayed Sports City Meet by the arch
Tuesday 16 th	@YOT	1hour recovery run 6/8minutes pace per km + stretching + core	@your own place
Wednesday 17 th	7.45pm	Warm up 15-20min +stretching +speed&agility +core workouts	Zayed Sports City Meet by the Arch

NOTE: Thursday is a resting day!