



Press Release:

ADNOC Abu Dhabi Marathon to host a free 12-week Community Training Programme

Mark your calendar every Monday, and get fit with a wide-array of sports and fitness activities

- ***Free weekly community training sessions start every Monday until 26th November at Zayed Sports City***
- ***The first ADNOC Abu Dhabi Marathon will take place on 7th December***

Abu Dhabi, United Arab Emirates – 11 September 2018: In the lead up to the first-ever ADNOC Abu Dhabi Marathon, and as part of a continuous effort to promote healthy and active living in the capital, ADNOC Abu Dhabi Marathon has launched a series of free Community Training Programmes. Taking place every Monday at the International Tennis Centre at Zayed Sports City, the new programme, driven by the Abu Dhabi Sports Council, will take place from 19:45 to 21:15, running until 26th November.

Participants will be able to hone their running skills through intensive workouts with renowned Coach Youssef Rochdi, a member of USA Track & Field Association (USATF) and multiple winner of USATF long distance championships. All coaches will work closely with participants to help them build general strength, increase their weekly mileage, and provide advice on workouts which they can do on their own between the weekly sessions.

H.E. Aref Hamad Al Awani, General Secretary of Abu Dhabi Sports Council said: “As we launch the Community Training Programme, we reaffirm our commitment towards encouraging a healthy lifestyle amongst residents and visitors. The new programme is designed for both novices and professional athletes of all ages and backgrounds to get together, participate in diverse sport and fitness activities, and prepare themselves for the big day in December.”

The running schedule of the weekly sessions will comprise a wide-range of workouts, including general physical workouts, fartlek, easy runs, intervals, long runs, tempo runs and up-hill workouts.

The ADNOC Abu Dhabi Marathon is a new global sporting event for the Emirate and strengthens the capital's positions as a leader in spearheading the sporting scene in the region.





The race is open for all categories and will be held over a 42.195-kilometer (26 miles, 385 yards) course that will showcase the landmarks of the capital to a global audience. The race will bring together professional athletes, novice runners and thousands of people under one umbrella, offering them a chance to participate in a series of events from 2.5km and 5km fun runs, to the 10km and full-distance marathon.

To find out more, visit the website: www.adnocabudhabimarathon.com/. Athletes can also follow and interact with ADNOC Abu Dhabi Marathon on a variety of social media platforms including:

- [Facebook: ADNOC Abu Dhabi Marathon](#)
- [Twitter: @ADNOCADmarathon](#)
- [Instagram: adnocadmarathon](#)

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Image Captions:

Image 1- Training programmes will be held at the International Tennis Centre at Zayed Sports City

Image 2- Free weekly community training sessions start 10th September

About Abu Dhabi Sports Council

Abu Dhabi Sports Council (ADSC) was established in 2006 by His Highness Sheikh Mohamed Bin Zayed Al Nahyan, Abu Dhabi Crown Prince and Deputy Supreme Commander of the UAE Armed Forces.

ADSC is aligned to the emirate's leadership vision to develop sport and youth activities. The Council promotes an effective, emirate-wide sports calendar that stimulates the desire to participate in quality sports among all Abu Dhabi residents and helps the talented and motivated reach their sporting potential.

The Council also hosts and supports the staging of international world-class sporting events. These include: the annual Abu Dhabi HSBC Championship presented by EGA; the Formula 1™ Etihad Airways Abu Dhabi Grand Prix; the ITU World Triathlon Series; both the Abu Dhabi and Gary Player Invitationals; the Fatima Bint Mubarak Ladies Open on the Ladies European Tour, the Red Bull Air Race; the Mubadala World Tennis Championship; the 2017 and 2018 FIFA Club World Cups; the 2019 AFC Asian Cup UAE and the UCI WorldTour event, The Abu Dhabi Tour.





We at ADSC firmly believe that sporting events deliver a host of benefits for the emirate and its residents. These span improved health and wellness, the building of community spirit, the discovering of local talent and the delivery of international exposure of the emirate as a world-class sporting events hub.

Whether it is land, sea or air, we have sport covered.

For more media information please contact: Ahmed Wahab Al Juboori at Abu Dhabi Sports Council: awahab@adsc.abudhabi.ae

About ADNOC

ADNOC is a major diversified group of energy and petrochemical companies that produces about 3 million barrels of oil and 10.5 billion cubic feet of raw gas a day. Its integrated upstream, midstream and downstream activities are carried out by 14 specialist subsidiary and joint venture companies. To find out more visit www.adnoc.ae.

For further information: media@adnoc.ae.

