



**ADNOC**  
**ABU DHABI**  
**MARATHON**

PRESENTED BY  
**Abu Dhabi**  
Sports Council  
مجلس أبوظبي الرياضي

## Weekly Training Schedule

Day	Time	Workout type	Location
Friday 14 <sup>th</sup>	5.30am	15 km long Run Corniche - Bateen loop	Corniche Plaze opposite bel Ghailam tower
Saturday 15 <sup>th</sup>	@YOT	Gym Circuit training Or general physical preparation	@your own place
Sunday 16 <sup>th</sup>	@YOT	10km easy run @ 20-25% of your efforts	@your own place
Monday 17 <sup>th</sup>	7.45pm	Speed workout session Warm up+200meters repeats *12 200m recovery between each set	Zayed Sports City Running Track
Tuesday 18 <sup>th</sup>	@YOT	8Km progressive run Gradually pick up the pace in the last 15min to reach 60% efforts	@your own place
Wednesday 19 <sup>th</sup>	@YOT	Warm up 15-20min +stretching +light drills +5Km Tempo run + 1km cool down	@your own place

**NOTE:** Thursday is a resting day!