



ADNOC
ABU DHABI
MARATHON

PRESENTED BY
Abu Dhabi
Sports Council
مجلس أبوظبي الرياضي

Weekly Training Schedule

Day	Time	Workout type	Location
Friday 21 th	5.30am	15 km long Run	Hiltonia Beach Parking
Saturday 22 th	@YOT	Gym Circuit training	@your own place
Sunday 23 th	@YOT	10km easy run @ 20-25% of your efforts	@your own place
Monday 24 th	7.45pm	Speed workout session Warm up+400meters repeats *10 2min recovery between each set	Zayed Sports City Running Track
Tuesday 25 th	@YOT	10km easy run @25 efforts	@your own place
Wednesday 26 th	7.00pm	Warm up 15-20min +stretching +running drills +core workouts	Lake Park car parking At the end of 18th street

NOTE: Thursday is a resting day!