

Weekly Training Schedule

Day	Time	Workout type	Location
Friday 28 th	5.30am	15 km long Run	Hiltonia Beach Parking
Saturday 29 th	@YOT	Gym Circuit training	@your own place
Sunday 30 th	@YOT	10km easy run @ 20-25% of your efforts	@your own place
Monday 1 st	7.45pm	Speed workout session Warm up+500meters repeats *10 3min recovery between each set	Zayed Sports City Running Track
Tuesday 2 nd	@YOT	10km easy run @25 efforts	@your own place
Wednesday 3 rd	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!