



ADNOC ABU DHABI MARATHON

PRESENTED BY
Abu Dhabi
Sports Council
مجلس أبوظبي الرياضي

Weekly Training Schedule

Day	Time	Workout type	Location
Friday 26 th	@YOT	15km Long run	@your own place
Saturday 27 th	@YOT	Uphill workout Warm up 20minutes (200meters uphill *12times)+cool down	@your own place
Sunday 28 th	@YOT	10km easy run @20-25% of your efforts	@your own place
Monday 29 th	7.45pm	Interval session 600meters*8 4minutes recovery between each set	Zayed Sports City Meet by the arch
Tuesday 30 th	@YOT	10km recovery run 6/8minutes pace per km + good stretching	@your own place
Wednesday 31 st	7.45pm	Warm up 20min +stretching +general strength core workout +100meters strides*6	Zayed Sports City Meet by the Arch

NOTE: Thursday is a resting day!