

Weekly Training Schedule

Day	Time	Workout type	Location
Friday 2 nd	@YOT	18km – soft surface is better - Long run	@your own place
Saturday 3 rd	@YOT	Uphill workout Warm up 20minutes (200meters uphill *12times)+cool down	@your own place
Sunday 4 th	@YOT	10km easy run @20-25% of your efforts	@your own place
Monday 5 th	7.45pm	Interval session Warm up + 200m*16 with 200m recovery	Zayed Sports City Meet by the arch
Tuesday 6 th	@YOT	10km recovery run 6/8minutes pace per km + good stretching	@your own place
Wednesday 7 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!