



ADNOC ABU DHABI MARATHON

PRESENTED BY
Abu Dhabi
Sports Council
مجلس أبوظبي الرياضي

Weekly Training Schedule

Day	Time	Workout type	Location
Friday 9 th	@YOT	25km Long Run	@your own place
Saturday 10 th	@YOT	Uphill workout Warm up 20minutes (300meters uphill *12times)+cool down	@your own place
Sunday 11 th	@YOT	10km easy run @20-25% of your efforts	@your own place
Monday 12 th	7.45pm	Speed session (800m+400m)*6/3min recovery between each set	Zayed Sports City Meet by the arch
Tuesday 13 th	@YOT	10km recovery run 6/8minutes pace per km + good stretching	@your own place
Wednesday 14 th	7.45pm	Warm up 30min +stretching +general strength core workout +100meters strides*6	Zayed Sports City Meet by the Arch

NOTE: Thursday is a resting day!