



ADNOC ABU DHABI MARATHON

PRESENTED BY
Abu Dhabi
Sports Council
مجلس أبوظبي الرياضي

Weekly Training Schedule

Day	Time	Workout type	Location
Friday 16 th	@YOT	25km Long Run	@your own place
Saturday 17 th	@YOT	Uphill workout Warm up 20minutes 200meters uphill *15 +cool down	@your own place
Sunday 18 th	@YOT	12km easy run @20-25% of your efforts	@your own place
Monday 19 th	7.45pm	Intervals 400meters*15/3min recovery between each set	Zayed Sports City Meet by the arch
Tuesday 20 th	@YOT	8km recovery run 6/8minutes pace per km + good stretching	@your own place
Wednesday 21 th	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!