



ADNOC ABU DHABI MARATHON LAUNCHES FREE WEEKLY TRAINING SESSIONS

- Free training sessions to take place on Mondays starting from 6th May, at Al Hudayriat Island, with a second weekly session starting after Eid
- Training to be hosted by official ADNOC Abu Dhabi Marathon coach, Youssef Rochdi
- 2019 Abu Dhabi Marathon to take place on Friday 6th December

(Abu Dhabi, United Arab Emirates – 5th May, 2019) ADNOC Abu Dhabi Marathon, together with Abu Dhabi Sports Council, has launched free training sessions for runners to prepare for the 2019 ADNOC Abu Dhabi Marathon.

The training sessions, which kick-off on 6th May, will run every Monday from 9:30pm – 10:30pm throughout Ramadan at Al Hudayriat Island. After the Eid holiday, Monday training sessions will move to 6.15am and a second weekly training session will be hosted on Wednesdays – starting on 5th June - at Zayed Sports City from 7:45pm to 9:00pm.

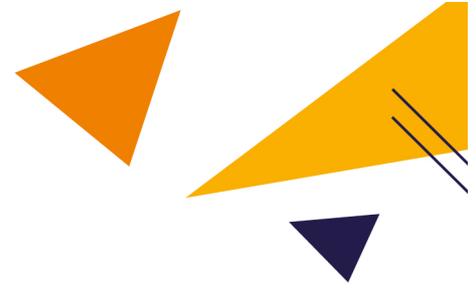
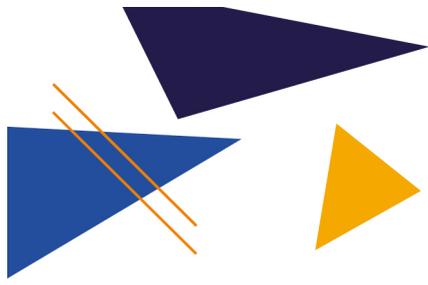
Both training sessions will be hosted by ADNOC Abu Dhabi Marathon's official coach, Youssef Rochdi - a member of USA Track & Field Association (USATF) and multiple winner of USATF long distance championships.

The sessions will run for six months and have been designed to focus on the preparation required to complete the 42.2km full-length marathon. Encompassing a variety of fitness activities, the sessions will include; drills, fartlek, easy runs, intervals and long-distance runs to help runners to gradually increase their weekly distance.

In September, training sessions catering for runners of all abilities will launch, offering runners participating in the 2.5km fun run, 5km and 10km races, an introduction to the running world with a specially tailored fitness programme.

H.E Aref Al Awani, General Secretary of Abu Dhabi Sports Council said: "In the lead up to the second ADNOC Abu Dhabi Marathon we are devoted to promoting a healthy and active lifestyle in the Capital, and to helping the members of our community prepare for reaching their goals regardless of their ability or the race they are participating in. The ADNOC Abu Dhabi Marathon is not an event solely for elite athletes; everyone who participates is running their own race and accomplishing their own achievements.

Last year we welcomed 10,000 runners from all over the world to the inaugural ADNOC Abu Dhabi Marathon, this year we hope to grow that number to 15,000. Providing these free training sessions is just one example of



how we are making the ADNOC Abu Dhabi Marathon more accessible than ever to all members of our community in the capital.”

Registrations for Abu Dhabi’s biggest community sports event opened last month as ADNOC Abu Dhabi Marathon, and Abu Dhabi Sports Council, announced the world-class sporting event will take place on Friday 6th December following the UAE’s 48th National Day celebrations.

Runners who register before 31st May will receive a 30% discount and every participant will receive a free race shirt and medal.

Free weekly training sessions timetable

Monday: Al HUDAYRIAT ISLAND

May 6th – June 5th 9:30-10:30 pm (Ramadan Timings Only)

June 12th – November 25th – 6:15-7:30 am

Meeting point: By kids play park – look out for our flags

Facilities: Showers and Toilets available

Wednesday Evening: ZAYED SPORTS CITY

June 5th – November 27th – 7:45-9:15pm

Meeting point: Entrance arch to the International Tennis Stadium – look out for our flags

Facilities: Toilets available

2019 ADNOC Abu Dhabi Marathon Prices

2.5KM ‘Fun Run’: AED 50 (children under six take part for free)

5KM Race: AED 75

10KM Race: AED 150

42.2KM Marathon: AED 350 (podium finishers are eligible for an Age Group Prize Fund)

ENDS

For more information visit: www.adnocabudhabimarathon.com

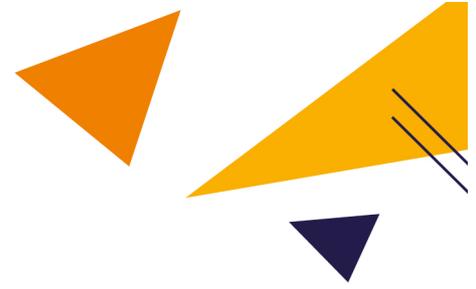
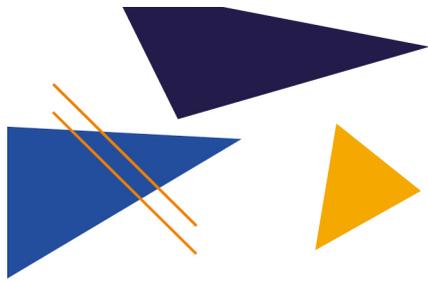
Facebook: [ADNOC Abu Dhabi Marathon](#)

Twitter: [@ADNOCADmarathon](#)

Instagram: [adnocadmarathon](#)

Hashtags: #RunInAbuDhabi #EnergyforLife





About Abu Dhabi Sports Council

Abu Dhabi Sports Council (ADSC) was established in 2006 by His Highness Sheikh Mohamed Bin Zayed Al Nahyan, Abu Dhabi Crown Prince and Deputy Supreme Commander of the UAE Armed Forces.

ADSC is aligned to the emirate's leadership vision to develop sport and youth activities. The Council promotes an effective, emirate-wide sports calendar that stimulates the desire to participate in quality sports among all Abu Dhabi residents and helps the talented and motivated reach their sporting potential.

The Council also hosts and supports the staging of international world-class sporting events. These include: the annual Abu Dhabi HSBC Championship presented by EGA; the Formula 1™ Etihad Airways Abu Dhabi Grand Prix; the ITU World Triathlon Series; both the Abu Dhabi and Gary Player Invitationals; the Fatima Bint Mubarak Ladies Open on the Ladies European Tour, the Red Bull Air Race; the Mubadala World Tennis Championship; the 2017 and 2018 FIFA Club World Cups; the 2019 AFC Asian Cup UAE, the UCI WorldTour event, and the UAE Tour.

We at ADSC firmly believe that sporting events deliver a host of benefits for the emirate and its residents. These span improved health and wellness, the building of community spirit, the discovering of local talent and the delivery of international exposure of the emirate as a world-class sporting events hub.

Whether it is land, sea or air, we have sport covered.

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About ADNOC

ADNOC is one of the world's leading diversified energy and petrochemicals groups with a daily output of about 3 million barrels of oil and 10.5 cubic feet of natural gas. With 14 specialist subsidiary and joint venture companies, ADNOC is a primary catalyst for the UAE's growth and diversification. To find out more visit www.adnoc.ae. For further information: media@adnoc.ae

