



DAA WEEKLY TRAINING TIMETABLE

DAA – DUBAI AMERICAN ACADEMY, DUBAI



MONDAY

5:00 –
6:00 PM



FUNdamentals 5–7

6:05 –
7:05 PM



Junior & Youth
Run Jump Throw 8–13

WEDNESDAY

5:00 –
6:00 PM



FUNdamentals 5–7

6:05 –
7:05 PM



Junior & Youth
Run Jump Throw 8–13

SATURDAY

8:00 –
9:00 AM



Mini Athletics 3–4



FUNdamentals 5–7



Junior Run,
Jump, Throw
8–10



Youth Run,
Jump, Throw
11–13

9:00 –
10:00 AM



Junior & Youth:
Just Run
8–13



Youth Speed
for Sport
10–13



Competition
Pathway S and C



Open Sprints 14+

PROGRAMME KEY

- Mini-Athletics & FUNdamentals (3–7)
- Junior & Youth (8–13)
- Discovery Programme / Rising Potential
- Competition Pathway (14+)
- Open Pathway (14+)

SESSION ICON GUIDE

- Sprints
- Middle Distance / Endurance
- Hurdles
- High Jump
- Long Jump
- Pole Vault
- Throws
- Strength & Conditioning
- Invite Only

AMBITION | INSPIRATION | SPORTSMANSHIP

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GWA WEEKLY TRAINING TIMETABLE

GWA – GEMS WORLD ACADEMY, DUBAI



TUESDAY

5:00 – 6:00 PM	FUNDamentals 5–7	Junior Run Jump Throw 8–10	Youth Run Jump Throw 11–13
6:05 – 7:05 PM	Open Sprints 14+	Junior & Youth: Just Run 8–13	Competition Pathway Sprints 14–17
7:10 – 8:10 PM	Senior: Just Run	Competition Pathway Long Jump & Triple Jump 14+	

WEDNESDAY

5:00 – 6:00 PM	Youth High Jump 11–13	Competition Pathway Hurdles 14+
6:05 – 7:05 PM	Youth Speed for Sport 11–13	Competition Pathway High Jump 14+

THURSDAY

5:00 – 6:00 PM	FUNDamentals 5–7	Junior Run, Jump, Throw 8–10	Youth Run, Jump, Throw 11–13
6:05 – 7:05 PM	Competition Pathway Sprints 14+	Open Sprints 14+	
7:05 – 8:05 PM	Open Throws 14+	Senior Speed for Sport 14+	Open Circuit Training 14+

SUNDAY

5:00 – 6:00 PM	Indoor Athletics Programme 5–10	Rising Potential Programme 11–13 <i>INVITE ONLY</i>	Discovery Programme 8–10 <i>INVITE ONLY</i>
6:05 – 7:05 PM	Junior Jumps 8–10	Competition Pathway Sprints 14+	Youth Sprints & Hurdles 11–13

PROGRAMME KEY

Mini-Athletics & Fundamentals (3–7)	Junior & Youth (8–13)	Discovery Programme / Rising Potential	Competition Pathway (14+)	Open Pathway (14+)	Performance (14+)
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SESSION ICON GUIDE

Sprints	Middle Distance / Endurance	Hurdles	High Jump	Long Jump	Pole Vault	Throws	Strength & Conditioning	Invite Only
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AMBITION | INSPIRATION | SPORTSMANSHIP

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SISD WEEKLY TRAINING TIMETABLE

SISD – SWISS INTERNATIONAL SCIENTIFIC SCHOOL DUBAI



MONDAY

5:00 –
6:00 PM



FUNDamentals &
Junior Run Jump Throw 6–10 (Hybrid)

6:00 –
7:00 PM



Youth Sprints 11–13

6:00 –
7:00 PM



Open Sprints 14+

WEDNESDAY

5:00 –
6:00 PM



Junior & Youth
Run Jump Throw 8–13

6:05 –
7:05 PM



Open Sprints 14 +

7:05 –
8:05 PM



Open Circuit S and C 14 +

PROGRAMME KEY



Mini Athletics &
FUNdamentals (3–7)



Junior & Youth
(8–13)



Discovery Programme /
Rising Potential



Competition Pathway
(14+)



Open Pathway
(14+)

SESSION ICON GUIDE



Sprints



Middle Distance /
Endurance



Hurdles



High Jump



Long Jump



Pole Vault



Throws



Strength &
Conditioning



Invite Only

AMBITION | INSPIRATION | SPORTSMANSHIP

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MONDAY

5:30 – 7:00 PM  Performance & Elite Hurdles 14+

5:30 – 6:30 PM  Junior & Youth Run Jump Throw 8–13

6:35 – 7:35 PM  Open Pathway Sprints 14+

7:05 – 8:05 PM  Performance & Elite Strength & Conditioning

TUESDAY

5:30 – 6:30 PM  Rising Potential Programme (11–13) *Invite Only*

 Competition Pathway Hurdles 14+

5:30 – 7:00 PM  Performance & Elite High Jump 14+

6:00 – 7:00 PM  Pole Vault 12+

6:35 – 7:35 PM  Competition Pathway Sprints 14+

 Competition Pathway Middle Distance 14+

 Competition Pathway Throws 14+

7:00 – 8:30 PM  Performance Development & Performance Middle Distance 14+

 Performance & Elite Sprints 14+

7:35 – 8:35 PM  Senior Speed for Sport 14+

 Competition Pathway Strength & Conditioning

THURSDAY

5:30 – 6:30 PM  FUNdamentals (3–7)

 Junior & Youth Run Jump Throw 8–13

5:30 – 7:00 PM  Performance & Elite High Jump 14+

 Performance & Elite Long Jump 14+

6:35 – 7:35 PM  Junior & Youth Middle Distance 9–13

 Competition Pathway Middle Distance 14+

7:00 – 8:30 PM  Performance & Elite Middle Distance 14+

 Performance & Elite Sprints 14+

7:35 – 8:35 PM  Open Pathway Sprints 14+

 Competition Pathway Strength & Conditioning

SATURDAY

8:00 – 9:30 AM  Performance & Elite Jumps 14+

 Performance & Elite Hurdles 14+

 Performance & Elite Sprints & Middle Distance 14+

9:30 – 10:30 AM  Competition Pathway Hurdles 14+

9:45 – 10:45 AM  Performance & Elite Strength & Conditioning

SUNDAY

8:00 – 9:00 AM  Mini-Athletics & FUNdamentals (Hybrid) (4–7)

 Junior & Youth Sprints & Hurdles 8–13

 Open Pathway Jumps 14+

 Adult Throws

9:05 – 10:05 AM  Competition Pathway Sprints 14+

 Competition Pathway High Jump 14+

 Senior Just Run

 Performance & Elite Throws 14+

10:05 – 11:05 AM  Competition Pathway Strength & Conditioning

 Youth Run Jump Throw 11–13 (Advanced)

PROGRAMME KEY

 Mini-Athletics & FUNdamentals (3–7)  Junior & Youth (8–13)  Discovery Programme / Rising Potential  Competition Pathway (14+)  Performance (14+)  Open Pathway (14+)

SESSION ICON GUIDE

 Sprints  Middle Distance / Endurance  Hurdles  High Jump  Long Jump  Pole Vault  Throws  Strength & Conditioning  Invite Only