


TUESDAY

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

WEDNESDAY

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

THURSDAY

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

SUNDAY

5:00 PM – 6:00 PM	 Discovery Programme 8-10 INVITE ONLY	 Indoor Athletics Programme 5-10	 Rising Potential Programme 11-13 INVITE ONLY
6:05 PM – 7:05 PM	 Junior Run Jump Throw 8-10	 Competition Pathway Sprints 14+	 Youth Sprints & Hurdles 11-13
7:05 PM – 8:05 PM	 Adult Sprints		

PROGRAMME KEY

 Mini / FUN
  Junior
  Youth
  Discovery / Rising
  Competition
  Performance
  Open

SESSION ICON GUIDE

 Sprints
  Middle Distance
  Hurdles
  High Jump
  Long Jump
  Pole Vault
  Throws
  S&C
  Invite



MONDAY

5:00 PM –
6:00 PM



FUNDamentals 5-7



Youth Speed for Sport 11-13

6:05 PM –
7:05 PM



Junior & Youth Run Jump Throw 8-13

WEDNESDAY

5:00 PM –
6:00 PM



FUNDamentals 5-7

6:05 PM –
7:05 PM



Junior & Youth Run Jump Throw 8-13

SATURDAY

8:00 AM –
8:45 AM



Mini Athletics 3-4

8:00 AM –
9:00 AM



FUNDamentals 5-7



Junior Run, Jump, Throw 8-10



Youth Run, Jump, Throw 11-13

9:00 AM –
10:00 AM



Competition Pathway Strength & Conditioning



Junior & Youth: Just Run 8-13



Open Sprints 14+



Youth Speed for Sport 10-13

PROGRAMME KEY

■ Mini / FUN
 ■ Junior
 ■ Youth
 ■ Discovery / Rising
 ■ Competition
 ■ Performance
 ■ Open

SESSION ICON GUIDE

✂ Sprints
 □ Middle Distance
 H Hurdles
 H High Jump
 J Long Jump
 V Pole Vault
 T Throws
 H S&C
 I Invite



MONDAY	TUESDAY	THURSDAY
5:30 PM – 6:30 PM Junior & Youth Run Jump Throw 8-13	5:30 PM – 6:30 PM Rising Potential Programme 11-13 INVITE ONLY Competition Hurdles 14+	5:30 PM – 6:30 PM FUNDamentals 5-7 Junior & Youth Run Jump Throw 8-13
5:30 PM – 7:00 PM Performance Hurdles 14+	5:30 PM – 7:00 PM Performance High Jump 14+	5:30 PM – 7:00 PM Performance High Jump 14+ Performance Long Jump 14+
6:35 PM – 7:35 PM Open Sprints 14+	6:00 PM – 7:00 PM Pole Vault 12+	6:35 PM – 7:35 PM Competition Pathway Middle Distance 14+ Junior: Just Run & Youth Middle Distance 9-13
7:05 PM – 8:05 PM Performance Pathway Strength & Conditioning	6:35 PM – 7:35 PM Competition Pathway Middle Distance 14+ Competition Pathway Sprints 14+ Competition Pathway Throws 14+	7:00 PM – 8:30 PM Performance Middle Distance 14+ Performance Sprints 14+
	7:00 PM – 8:30 PM Performance Sprints 14+	
	7:35 PM – 8:35 PM Competition Pathway Strength & Conditioning Senior Speed for Sport 14+	7:35 PM – 8:35 PM Competition Pathway Strength & Conditioning Open Sprints 14+

SATURDAY	SUNDAY
8:00 AM – 9:30 AM Performance Hurdles 14+ Performance Jumps 14+ Performance Sprints & Middle Distance 14+	8:00 AM – 9:00 AM Adult Throws Junior Run Jump Throw 8-10 Mini Athletics & FUNDamentals (Hybrid) 4-7 Open Jumps 14+
9:30 AM – 10:30 AM Competition Pathway Hurdles 14+	9:05 AM – 10:05 AM Competition Pathway High Jump 14+ Competition Pathway Sprints 14+ Senior Just Run
9:45 AM – 10:45 AM Performance Strength & Conditioning	9:05 AM – 10:35 AM Performance Throws 14+
	10:05 AM – 11:05 AM Competition Pathway Strength & Conditioning Youth Run Jump Throw 11-13 (Advanced)

PROGRAMME KEY

Mini / FUN
 Junior
 Youth
 Discovery / Rising
 Competition
 Performance
 Open

SESSION ICON GUIDE

Sprints
 Middle Distance
 Hurdles
 High Jump
 Long Jump
 Pole Vault
 Throws
 S&C
 Invite



AIS
ATHLETICS

SISD & WSO WEEKLY TRAINING TIMETABLE

SISD - SWISS INTERNATIONAL SCIENTIFIC SCHOOL, DUBAI | WSO - GEMS WELLINGTON SILICON OASIS, DUBAI



MONDAY SESSIONS AT SISD | WEDNESDAY SESSIONS AT WSO

MONDAY AT SISD

5:00 PM - 6:00 PM		FUNDamentals & Junior Run Jump Throw 6-10 (Hybrid)
6:00 PM - 7:00 PM		Open Sprints 14+
		Youth Sprints 11-13

WEDNESDAY AT WSO

5:00 PM - 6:00 PM		Junior & Youth Sprints and Hurdles 8-13
6:05 PM - 7:05 PM		Open Sprints 14+
7:05 PM - 8:05 PM		Open Circuit Training 14+

PROGRAMME KEY

Mini / FUN Junior Youth Discovery / Rising Competition Performance Open

SESSION ICON GUIDE

Sprints Middle Distance Hurdles High Jump Long Jump
 Pole Vault Throws S&C Invite

AMBITION

INSPIRATION

SPORTSMANSHIP

#WEARE AIS



AIS
ATHLETICS

ABU DHABI WEEKLY TRAINING TIMETABLE

NORD ANGLIA SCHOOL ABU DHABI & AL FAY PARK, REEM ISLAND



NAS • MONDAY

5:00 PM –
6:00 PM



FUNdamentals & Junior Run Jump Throw 5-10 (Hybrid)

6:05 PM –
7:05 PM



Youth Run Jump Throw 10-15

7:00 PM –
8:00 PM



Senior Just Run 14+

NAS • WEDNESDAY

5:00 PM –
6:00 PM



FUNdamentals & Junior Run Jump & Throw 5-10

6:05 PM –
7:05 PM



Youth Run Jump Throw 10-15

AL FAY • SATURDAY

8:00 AM –
9:00 AM



FUNdamentals & Run Jump Throw 5-10 (Hybrid)

9:05 AM –
10:05 AM



Youth Speed for Sport 10-15

PROGRAMME KEY

Mini / FUN Junior Youth Discovery / Rising Competition Performance Open

SESSION ICON GUIDE



Sprints



Middle Distance



Hurdles



High Jump



Long Jump



Pole Vault



Throws



S&C



Invite

AMBITION

INSPIRATION

SPORTSMANSHIP

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