



AIS
ATHLETICS

JUNIOR ATHLETICS

WEEKLY TRAINING TIMETABLE

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DAY	VENUE	START TIME	FINISH TIME	REGION	SESSION TYPE
MONDAY	SRI	5:30 PM	6:30 PM	DXB	Junior & Youth Run Jump Throw 8-13
	DAA	6:05 PM	7:05 PM	DXB	Junior & Youth Run Jump Throw 8-13
	NAS	6:05 PM	7:05 PM	AUH	Junior & Youth Run Jump Throw 8-13
	SISD	5:00 PM	6:00 PM	DXB	FUNDamentals & Junior Run Jump Throw 6-10 (Hybrid)
TUESDAY	GWA	5:00 PM	6:00 PM	DXB	Junior Run Jump Throw 8-10
	GWA	6:05 PM	7:05 PM	DXB	Junior & Youth: Just Run 8-13
WEDNESDAY	DAA	6:05 PM	7:05 PM	DXB	Junior & Youth Run Jump Throw 8-13
	NAS	6:05 PM	7:05 PM	AUH	Junior & Youth Run Jump Throw 8-13
	SISD	5:00 PM	6:00 PM	DXB	Junior & Youth Run Jump Throw 8-13
THURSDAY	GWA	5:00 PM	6:00 PM	DXB	Junior Run, Jump, Throw 8-10
	SRI	5:30 PM	6:30 PM	DXB	Junior & Youth Run Jump Throw 8-13
	SRI	6:35 PM	7:35 PM	DXB	Junior & Youth Middle Distance 9-13
SATURDAY	DAA	8:00 AM	9:00 AM	DXB	Junior Run, Jump, Throw 8-10
	DAA	9:00 AM	10:00 AM	DXB	Junior & Youth: Just Run 8-13
	AL FAY	8:00 AM	9:00 AM	AUH	FUNDamentals & Run Jump Throw 5-10 (Hybrid)
SUNDAY	GWA	5:00 PM	6:00 PM	DXB	Indoor Athletics Programme 5-10
	GWA	5:00 PM	6:00 PM	DXB	Discovery Programme 8-10 INVITE ONLY
	GWA	6:05 PM	7:05 PM	DXB	Junior Jumps 8-10
	SRI	8:00 AM	9:00 AM	DXB	Junior & Youth Sprints & Hurdles 8-13

PROGRAMME KEY



SESSION ICON GUIDE



AIS

AMBITION

INSPIRATION

SPORTSMANSHIP

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WEEKLY TRAINING TIMETABLE

DAY	VENUE	START TIME	FINISH TIME	REGION	SESSION TYPE
MONDAY	SRI	6:35 PM	7:35 PM	DXB	Open Sprints 14+
	SISD	6:00 PM	7:00 PM	DXB	Open Sprints 14+
TUESDAY	GWA	6:05 PM	7:05 PM	DXB	Open Sprints 14+
	GWA	7:10 PM	8:10 PM	DXB	Senior: Just Run
	SRI	6:00 PM	7:00 PM	DXB	Pole Vault 12+
	SRI	7:35 PM	8:35 PM	DXB	Senior Speed for Sport 14+
WEDNESDAY	SISD	6:05 PM	7:05 PM	DXB	Open Sprints 14+
	SISD	7:05 PM	8:05 PM	DXB	Open Circuit S and C 14+
THURSDAY	GWA	6:05 PM	7:05 PM	DXB	Open Sprints 14+
	GWA	7:05 PM	8:05 PM	DXB	Open Throws 14+
	GWA	7:05 PM	8:05 PM	DXB	Senior Speed for Sport 14+
	GWA	7:05 PM	8:05 PM	DXB	Open Circuit Training 14+
	SRI	7:35 PM	8:35 PM	DXB	Open Sprints 14+
SATURDAY	DAA	9:00 AM	10:00 AM	DXB	Open Sprints 14+
SUNDAY	SRI	8:00 AM	9:00 AM	DXB	Open Jumps 14+
	SRI	8:00 AM	9:00 AM	DXB	Adult Throws
	SRI	9:05 AM	10:05 AM	DXB	Senior Just Run

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COMPETITION & PERFORMANCE PATHWAY SESSIONS

DAY	VENUE	START TIME	FINISH TIME	REGION	SESSION TYPE
MONDAY	SRI	5:30 PM	7:00 PM	DXB	Performance & Elite Hurdles 14+
	SRI	7:05 PM	8:05 PM	DXB	Performance Pathway S and C
TUESDAY	GWA	6:05 PM	7:05 PM	DXB	Competition Pathway Sprints 14-17
	GWA	7:10 PM	8:10 PM	DXB	Competition Pathway Long Jump & Triple Jump 14+
	SRI	5:30 PM	6:30 PM	DXB	Competition Hurdles 14+
	SRI	5:30 PM	7:00 PM	DXB	Performance & Elite High Jump 14+
	SRI	6:35 PM	7:35 PM	DXB	Competition Pathway Middle Distance 14+
	SRI	6:35 PM	7:35 PM	DXB	Competition Pathway Sprints 14+
	SRI	6:35 PM	7:35 PM	DXB	Competition Pathway Throws 14+
	SRI	7:00 PM	8:30 PM	DXB	Performance Development & Performance Middle Distance 14+
	SRI	7:00 PM	8:30 PM	DXB	Performance & Elite Sprints 14+
	SRI	7:35 PM	8:35 PM	DXB	Competition Pathway S and C
WEDNESDAY	GWA	5:00 PM	6:00 PM	DXB	Competition Pathway Hurdles 14+
	GWA	6:05 PM	7:05 PM	DXB	Competition Pathway High Jump 14+
THURSDAY	GWA	6:05 PM	7:05 PM	DXB	Competition Pathway Sprints 14+
	SRI	5:30 PM	7:00 PM	DXB	Performance & Elite High Jump 14+
	SRI	5:30 PM	7:00 PM	DXB	Performance & Elite Long Jump 14+
	SRI	6:35 PM	7:35 PM	DXB	Competition Pathway Middle Distance 14+
	SRI	7:00 PM	8:30 PM	DXB	Performance & Elite Middle Distance 14+
	SRI	7:00 PM	8:30 PM	DXB	Performance & Elite Sprints 14+
	SRI	7:35 PM	8:35 PM	DXB	Competition Pathway S and C
SATURDAY	DAA	9:00 AM	10:00 AM	DXB	Competition Pathway S and C
	SRI	8:00 AM	9:30 AM	DXB	Performance & Elite Jumps 14+
	SRI	8:00 AM	9:30 AM	DXB	Performance & Elite Hurdles 14+
	SRI	8:00 AM	9:30 AM	DXB	Performance & Elite Sprints and Middle Distance 14+
	SRI	9:30 AM	10:30 AM	DXB	Competition Pathway Hurdles 14+
	SRI	9:45 AM	10:45 AM	DXB	Performance & Elite S and C
SUNDAY	GWA	6:05 PM	7:05 PM	DXB	Competition Pathway Sprints 14+
	SRI	9:05 AM	10:05 AM	DXB	Competition Pathway Sprints 14+
	SRI	9:05 AM	10:35 AM	DXB	Competition Pathway High Jump 14+
	SRI	9:05 AM	10:35 AM	DXB	Performance & Elite Throws 14+
	SRI	10:05 AM	11:05 AM	DXB	Competition Pathway S and C

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MINI ATHLETICS & FUNDAMENTALS

WEEKLY TRAINING TIMETABLE



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DAY	VENUE	START TIME	FINISH TIME	REGION	SESSION TYPE
 MONDAY	DAA	5:00 PM	6:00 PM	DXB	 FUNdamentals 5-7
	NAS	5:00 PM	6:00 PM	AUH	 FUNdamentals 5-7
	SISD	5:00 PM	6:00 PM	DXB	 FUNdamentals & Junior Run Jump Throw 6-10 (Hybrid)
 TUESDAY	GWA	5:00 PM	6:00 PM	DXB	 FUNdamentals 5-7
 WEDNESDAY	DAA	5:00 PM	6:00 PM	DXB	 FUNdamentals 5-7
	NAS	5:00 PM	6:00 PM	AUH	 FUNdamentals 5-7
 THURSDAY	GWA	5:00 PM	6:00 PM	DXB	 FUNdamentals 5-7
	SRI	5:30 PM	6:30 PM	DXB	 FUNdamentals 5-7
 SATURDAY	DAA	8:00 AM	8:45 AM	DXB	 Mini Athletics 3-4
	DAA	8:00 AM	9:00 AM	DXB	 FUNdamentals 5-7
	AL FAY	8:00 AM	9:00 AM	AUH	 FUNdamentals & Run Jump Throw 5-10 (Hybrid)
 SUNDAY	GWA	5:00 PM	6:00 PM	DXB	 Indoor Athletics Programme 5-10
	SRI	8:00 AM	9:00 AM	DXB	 Mini Athletics & FUNdamentals (Hybrid) 4-7

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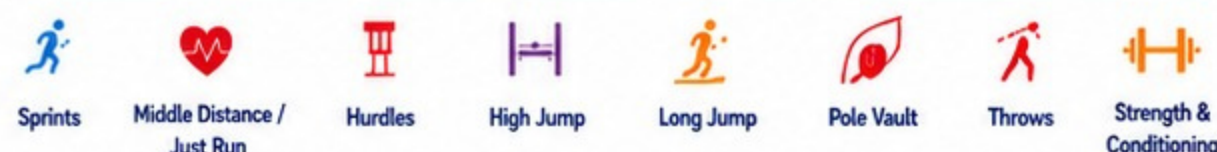


DAY	VENUE	START TIME	FINISH TIME	REGION	SESSION TYPE
MONDAY	SRI	5:30 PM	6:30 PM	DXB	 Junior & Youth Run Jump Throw 8-13
	DAA	6:05 PM	7:05 PM	DXB	 Junior & Youth Run Jump Throw 8-13
	NAS	6:05 PM	7:05 PM	AUH	 Junior & Youth Run Jump Throw 8-13
	SISD	6:00 PM	7:00 PM	DXB	 Youth Sprints 11-13
TUESDAY	GWA	5:00 PM	6:00 PM	DXB	 Youth Run Jump Throw 11-13
	GWA	6:05 PM	7:05 PM	DXB	 Junior & Youth: Just Run 8-13
	SRI	5:30 PM	6:25 PM	DXB	★ Rising Potential Programme 11-13 INVITE ONLY
	SRI	6:00 PM	7:00 PM	DXB	 Pole Vault 12+
WEDNESDAY	GWA	5:00 PM	6:00 PM	DXB	 Youth High Jump 11-13
	GWA	6:05 PM	7:05 PM	DXB	 Youth Speed for Sport 11-13
	DAA	6:05 PM	7:05 PM	DXB	 Junior & Youth Run Jump Throw 8-13
	NAS	6:05 PM	7:05 PM	AUH	 Junior & Youth Run Jump Throw 8-13
	SISD	5:00 PM	6:00 PM	DXB	 Junior & Youth Run Jump Throw 8-13
THURSDAY	GWA	5:00 PM	6:00 PM	DXB	 Youth Run, Jump, Throw 11-13
	SRI	5:30 PM	6:30 PM	DXB	 Junior & Youth Run Jump Throw 8-13
	SRI	6:35 PM	7:35 PM	DXB	 Junior & Youth Middle Distance 9-13
SATURDAY	DAA	8:00 AM	9:00 AM	DXB	 Youth Run, Jump, Throw 11-13
	DAA	9:00 AM	10:00 AM	DXB	 Junior & Youth: Just Run 8-13
	DAA	9:00 AM	10:00 AM	DXB	 Youth Speed for Sport 10-13
	AL FAY	9:05 AM	10:05 AM	AUH	 Youth Speed for Sport 10-13
SUNDAY	GWA	5:00 PM	6:00 PM	DXB	★ Rising Potential Programme 11-13 INVITE ONLY
	GWA	6:05 PM	7:05 PM	DXB	 Youth Sprints & Hurdles 11-13
	SRI	8:00 AM	9:00 AM	DXB	 Junior & Youth Sprints & Hurdles 8-13
	SRI	10:05 AM	11:05 AM	DXB	 Youth Run Jump Throw 11-13 (Advanced)

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 MONDAY	DAA	5:00 PM	6:00 PM	DXB	 FUNdamentals 5-7
	NAS	5:00 PM	6:00 PM	AUH	 FUNdamentals 5-7
	SISD	5:00 PM	6:00 PM	DXB	 FUNdamentals & Junior Run Jump Throw 6-10 (Hybrid)
 TUESDAY	GWA	5:00 PM	6:00 PM	DXB	 FUNdamentals 5-7
 WEDNESDAY	DAA	5:00 PM	6:00 PM	DXB	 FUNdamentals 5-7
	NAS	5:00 PM	6:00 PM	AUH	 FUNdamentals 5-7
 THURSDAY	GWA	5:00 PM	6:00 PM	DXB	 FUNdamentals 5-7
	SRI	5:30 PM	6:30 PM	DXB	 FUNdamentals 5-7
 SATURDAY	DAA	8:00 AM	8:45 AM	DXB	 Mini Athletics 3-4
	DAA	8:00 AM	9:00 AM	DXB	 FUNdamentals 5-7
	AL FAY	8:00 AM	9:00 AM	AUH	 FUNdamentals & Run Jump Throw 5-10 (Hybrid)
 SUNDAY	GWA	5:00 PM	6:00 PM	DXB	 Indoor Athletics Programme 5-10
	SRI	8:00 AM	9:00 AM	DXB	 Mini Athletics & FUNdamentals (Hybrid) 4-7

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