

4 - 14 JULY 2026 | BIRMINGHAM

UK TRIP

IMPROVE PERFORMANCE AND COMPETE
AGAINST ATHLETES FROM ACROSS THE GLOBE

TRAINING CAMPS

Alexander Stadium &
Commonwealth Stadium

REQUIREMENTS

Open to all ages 12+

PRICE

AED 10,000
(Incl. Accommodation
Transport & Competition)

PAYMENT PLAN

Available

T&CS APPLY



FIRST COME FIRST SERVE - LIMITED TO 30 PLACES



The Clayton Hotel

Located in central Birmingham, the hotel offers easy access to Alexander Stadium and other sporting venues. With spacious rooms, modern dining, and facilities for relaxation and team gatherings, it provides a safe, comfortable base for young athletes to rest and focus on training.



Transport

Transport will be easy and accessible throughout the trip, thanks to our central Birmingham location with excellent train, bus, and tram links. Travel to training and competition venues will be efficient, with a private minibus arranged if needed for safe and comfortable group transport.

Flight Information

Dubai to Birmingham

A380 EK039

4th July 2026 | 07:45

Birmingham to Dubai

A380 EK040

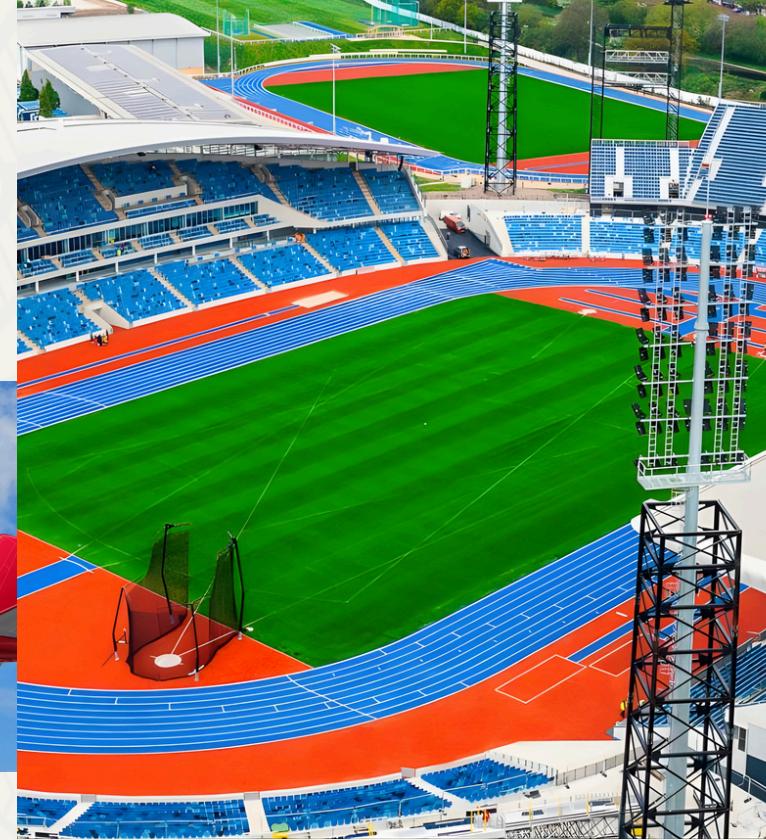
14th July 2026 | 14:35



Why this trip?

- Improve performance and compete against athletes from across the globe in a supportive and competitive atmosphere
- Build confidence, discipline and independence
- Learn how to handle pressure, nerves and race day routines

For any athletes who qualify there is the chance to do England Champs on 25th / 26th July



Training base

The Alexander Stadium serves as an inspiring training base for young athletes visiting on an athletics trip, especially given its history of hosting major events like the Commonwealth Games and the European Athletics Championships. With its state-of-the-art track and field facilities, it provides an ideal environment for developing speed, strength, and technique. The stadium's professional-grade equipment, spacious warm-up areas, and modern fitness amenities allow athletes to train like international competitors while learning the discipline and focus required for high-level performance. AIS will be able to train with some of the UK's top coaches at Birchfield Harriers, such as 4 time European gold medalist Matthew Hudson-Smith's coach during their time in the UK.



Activities

- Meet and greet professional athletes

Meet-and-greet sessions will be organised with current and former professional athletes, giving participants the opportunity to interact, ask questions, and gain insight into life as an elite athlete. These relaxed sessions are designed to inspire young athletes by sharing real experiences around training, competition, mindset, and career pathways, while also encouraging motivation, confidence, and positive role modelling in a supportive environment.

- Cadbury World

An interactive and fun experience exploring the history of chocolate, with exhibits, games, and of course tastings — a big favourite with young athletes.

- Drayton Manor Theme Park

A full-day adventure park with roller coasters, rides, and attractions suitable for teens, offering a great balance of fun and excitement.

- Thinktank Science Museum

A hands-on science and technology museum where young people can explore space, engineering, and innovation through interactive displays.

- Bullring & Grand Central

A modern shopping and leisure destination where athletes can enjoy shopping, food spots, and a lively city atmosphere in a safe, central location.

- Cannon Hill Park

A large green space ideal for recovery walks, light games, team bonding activities, and relaxation after training or competition days.

- Escape Rooms

Team-based problem-solving challenges that promote communication, leadership, and teamwork in a fun and controlled environment.

- Bowling & Arcade Centres

A relaxed social activity allowing athletes to unwind, compete casually, and bond as a group.

- Edgbaston Cricket Ground

One of England's most famous sporting venues and home of Warwickshire County Cricket Club. Athletes can experience the atmosphere of an international-level stadium, with opportunities for guided tours that explore the history of cricket, behind-the-scenes areas, and elite sporting facilities.



Daily Breakdown (Subject to change)

Day 1 – Thursday, July 4th: Travel & Arrival

- Morning: Flight to Birmingham.
- Afternoon: Transfer to the Clayton Hotel Birmingham and check-in.
- Evening: Team meeting and light stretching session to unwind after travel.
- Dinner at the hotel or nearby restaurant.

Day 2 – Friday, July 5th: Orientation & Light Training

- Morning: Technical training session and S and C at Alexander Stadium.
- Late morning: Stadium tour and familiarization with facilities.
- Afternoon: Fun team-building activities
- Evening: Rest and recovery session (foam rolling, stretching, yoga).



Day 3 – Saturday, July 6th: Training & Activity

- Morning: Pre-competition warm-up and drills. GB athlete motivational talk.
- Daytime: Birmingham Canal Walk & social outing
- Afternoon/Evening: Group Meal



Daily Breakdown (Subject to change)

Day 4 – Sunday, July 7th: Competition 1

- Morning: Competition
- Afternoon: Post-competition recovery – ice baths, stretching, and light physiotherapy if needed.
- Evening: Fun social activity

Day 5 – Monday, July 8th: High-Level Training & City Exploration

- Morning: High-intensity training session – speed, technique, and strength drills.
- Afternoon: Free time or optional sightseeing: Bullring Shopping Centre, Birmingham Museum & Art Gallery.
- Evening: Rest and team bonding dinner.

Day 6 – Tuesday, July 9th: Skills Training & Recovery

- Morning: Technical skills session – jumps, throws, or sprint mechanics.
- Afternoon: Mobility, massage, active recovery.
- Evening: Fun group activity like laser tag or bowling.

Day 7 – Wednesday, July 10th: Midweek Competition

- Morning: Pre-competition warm-up and strategy meeting.
- Daytime: Midweek competition – opportunity to apply techniques learned in training.
- Evening: Relaxing group activity, e.g., movie night or bowling.

Day 8 – Thursday, July 11th: High-Level Training & Team Challenge

- Morning: Intensive track session focusing on speed and endurance.
- Afternoon: Recovery – stretching, nutrition session, and video review of performance.
- Evening: Group meal and free time.

Day 9 – Friday, July 12th: Rest & Fun Day

- Morning: Recovery-focused session – light jog, mobility, foam rolling.
- Afternoon: Explore Birmingham: Cadbury World, Thinktank Science Museum, or canal boat tour.
- Evening: Team dinner and preparation for final weekend competition.

Day 10 – Saturday, July 13th: Competition Weekend 2

– Day 1

- Morning: Pre-competition warm-up and tactical meeting.
- Daytime: Compete and support each other.
- Evening: Quiz, games, awards and group meal.

Day 11 – Sunday, July 14th: Competition Weekend 2 – Day 2 & Departure

- Morning: Transfer to airport and flight home.

Register
your interest.

Contact:

Info@aisathletics.ae
+971 55 724 1519

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