

# AIS Athletics Training Schedule 2024 - 2025



## U7 & U9 Schedule

Young athletes aged 5, 6, 7 or 8 years old

Day	Time	Venue	Session
Monday	5:00pm – 6:00pm	Swiss International School	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Tuesday	5:15pm – 6:15pm	GEMS World Academy	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Wednesday	5:00pm – 6:00pm	Swiss International School	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Thursday	5:15pm – 6:15pm	GEMS World Academy	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Saturday	8:00am – 9:30am	Dubai American Academy	Indoor Athletics Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Sunday	5:00pm – 6:00pm	GEMS World Academy	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin

## U11 & U13 Schedule

Young athletes aged 9, 10, 11, or 12 years old

Day	Time	Venue	Session
Monday	5:00pm – 6:00pm	Swiss International School	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Tuesday	5:15pm – 6:15pm	GEMS World Academy	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Wednesday	5:00pm – 6:00pm	Swiss International School	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Thursday	5:15pm – 6:15pm	GEMS World Academy	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Saturday	8:00am – 9:30am	Dubai American Academy	Indoor Athletics Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Sunday	5:00pm – 6:00pm	GEMS World Academy	Run, Jump & Throw Sprints . Long jump . Shot put . Javelin
Sunday	5:00pm – 6:00pm	GEMS World Academy	Hurdles (Invite Only) Coach Kate
Sunday	6:00pm – 7:00pm	GEMS World Academy	High Jump (Invite Only) Coach Kate
Sunday	7:00pm – 8:00pm	GEMS World Academy	Elite Potential (Invite Only) Coach Kate

# AIS Athletics Training Schedule (cont..)



## U15, U17 & U20 Schedule

Athletes aged 13, 14, 15, 16, 17, 18, or 19 years old

Day	Time	Venue	Session
Monday	6:00pm – 7:30pm	Swiss International School	Running Sprints . Middle Distance . Long Distance
Monday	6:00pm – 7:30pm	Swiss International School	Hurdles (Invite Only) Coach Matt
Tuesday	6:15pm – 7:45pm	GEMS World Academy	Running Sprints . Middle Distance . Long Distance
Tuesday	6:15pm – 7:45pm	GEMS World Academy	Long Jump Coach Matt
Wednesday	5:00pm – 6:30pm	GEMS World Academy	High Jump Coach Kate
Wednesday	6:00pm – 7:30pm	Swiss International School	Running Sprints . Middle Distance . Long Distance
Thursday	6:15pm – 7:45pm	GEMS World Academy	Running Sprints . Middle Distance . Long Distance
Thursday	6:15pm – 7:45pm	GEMS World Academy	Shot Put Coach Matt
Saturday	9:30am – 11:00am	Dubai American Academy	Running Sprints . Middle Distance . Long Distance
Saturday	9:30am – 11:00am	Dubai American Academy	Jumping Long Jump . High Jump
Saturday	9:30am – 11:00am	Dubai American Academy	Hurdles Coach Matt
Sunday	5:00pm – 8:00pm	GEMS World Academy	Elite Development (Invite Only) Coach Tommy
Sunday	5:00pm – 6:30pm	GEMS World Academy	Long jump (Invite Only) Coach Matt
Sunday	6:30pm – 8:00pm	GEMS World Academy	Throws Discus . Javelin
Sunday	6:30pm – 8:00pm	GEMS World Academy	400m / 400m Hurdles Coach Rania
Sunday	6:30pm – 8:00pm	GEMS World Academy	Run Club Middle Distance . Long Distance
Sunday	7:00pm – 8:00pm	GEMS World Academy	Elite Potential (Invite Only) Coach Kate

# AIS Athletics Training Schedule (cont..)



## Senior Schedule

Athletes aged 20 years or older

Day	Time	Venue	Session
Tuesday	6:15pm – 7:45pm	GEMS World Academy	Run Club Sprints . Middle Distance . Long Distance
Thursday	6:15pm – 7:45pm	GEMS World Academy	Run Club Sprints . Middle Distance . Long Distance
Sunday	6:30pm – 8:00pm	GEMS World Academy	Run Club Sprints . Middle Distance . Long Distance

