

AIS Athletics Yearly Training Schedule 2023 – 2024



U7 & U9 Schedule

Young athletes aged 5 – 8 years old

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

U11 & U13 Schedule

Young athletes aged 9 – 12 years old

Day	Time	Venue	Session
Monday	5:00pm – 6:30pm	Swiss International School	Run Jump Throw Session Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Tuesday	6:00pm – 7:00pm	GEMS World Academy	Run Jump Throw Session Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Tuesday	6:00pm – 7:00pm	GEMS World Academy	Advanced Throws Shot put, Javelin, Discus

Wednesday	5:00pm – 6:30pm	Swiss International School	Run Jump Throw Session Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Thursday	6:00pm – 7:00pm	GEMS World Academy	Run Jump Throw Session Sprints, Middle Distance, Hurdles Long jump, High jump, Shot put, Javelin
Thursday	6:00pm – 7:00pm	GEMS World Academy	Advanced Jumps Long jump, High jump, Triple Jump
Saturday	8:00am – 9:30am	GEMS Dubai American Academy	Indoor Athletics Sprints, Middle distance, Hurdles Long jump, Shot put
Sunday	8:00am – 9:30am	GEMS Dubai American Academy	Indoor Athletics Sprints, Middle distance, Hurdles Long jump, Shot put

U15, U17 & U20 Schedule

Athletes aged 13 – 19 years old

Day	Time	Venue	Session
Monday	6:30pm – 8:00pm	Swiss International School	Run Jump Throw Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Tuesday	6:00pm – 7:00pm	GEMS World Academy	Jumps Long jump, High jump, Triple jump
Tuesday	7:00pm – 8:00pm	GEMS World Academy	Sprints Acceleration, Speed, Speed endurance,
Tuesday	7:00pm – 8:00pm	GEMS World Academy	Middle Distance 800m – 3000m track based sessions
Tuesday	7:00pm – 8:00pm	GEMS World Academy	Throws Shot put, Javelin, Discus
Wednesday	5:00pm – 7:00pm	GEMS World Academy	Jumps High jump only
Wednesday	6:30pm – 8:00pm	Swiss International School	Run Jump Throw Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Thursday	6:00pm – 7:00pm	GEMS World Academy	Hurdles 60m, 100m, 110m & 400m Hurdles
Thursday	7:00pm – 8:00pm	GEMS World Academy	Sprints Acceleration, Speed, Speed endurance,

Thursday	7:00pm – 8:00pm	GEMS World Academy	Middle Distance 800m – 3000m track based sessions
Thursday	7:00pm – 8:00pm	GEMS World Academy	Jumps Long jump, High jump, Triple Jump
Saturday	8:00am – 9:30am	GEMS Dubai American Academy	Indoor Athletics Sprints, Middle distance, Hurdles Long jump, Shot put
Sunday	8:00am – 9:30am	GEMS Dubai American Academy	Indoor Athletics Sprints, Middle distance, Hurdles Long jump, Shot put

Senior Schedule

Athletes aged over 19 years old

Day	Time	Venue	Session
Tuesday	7:00pm – 8:00pm	GEMS World Academy	AIS Run Club 800m – 3000m track based sessions
Thursday	7:00pm – 8:00pm	GEMS World Academy	AIS Run Club 800m – 3000m track based sessions
Sunday	7:00pm – 8:00pm	GEMS World Academy	AIS Run Club 800m – 3000m track based sessions