

# AIS Athletics Yearly Training Schedule 2024



## U7 & U9 Schedule

Young athletes aged 5, 6, 7 or 8 years old on or before 31<sup>st</sup> August 2024

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

## U11 & U13 Schedule

Young athletes aged 9 – 12 years old on or before 31<sup>st</sup> August 2024

Day	Time	Venue	Session
Monday	5:00pm – 6:00pm	Swiss International School	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Tuesday	5:15pm – 6:15pm	GEMS World Academy	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Tuesday	5:15pm – 6:15pm	GEMS World Academy	<b>Advanced Throws</b> Shot put, Javelin, Discus
Wednesday	5:00pm – 6:00pm	Swiss International School	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles

			Long jump, High jump, Shot put, Javelin
Wednesday	5:00pm-6:30pm	GEMS World Academy	<b>Middle Distance</b> 800m-3000m track based sessions
Thursday	5:15pm – 6:15pm	GEMS World Academy	<b>Run Jump Throw Session</b> Sprints, Middle Distance, Hurdles Long jump, High jump, Shot put, Javelin
Thursday	5:15pm – 6:15pm	GEMS World Academy	<b>Advanced Jumps</b> Long jump, High jump, Triple Jump
Saturday	8:00am – 9:30am	GEMS Dubai American Academy	<b>Indoor Athletics</b> Sprints, Middle distance, Hurdles Long jump, Shot put
Sunday	8:00am – 9:30am	GEMS Dubai American Academy	<b>Indoor Athletics</b> Sprints, Middle distance, Hurdles Long jump, Shot put
Sunday	5:00pm-6:00pm	GEMS World Academy	<b>Jumps</b> High jump only

## U15, U17 & U20 Schedule

**Athletes aged 13 – 19 years old on or before 31<sup>st</sup> August 2024**

Day	Time	Venue	Session
Monday	6:00pm – 7:30pm	Swiss International School	<b>Run Jump Throw</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Tuesday	6:15pm – 7:45pm	GEMS World Academy	<b>Jumps</b> Long jump, High jump, Triple jump
Tuesday	6:15pm – 7:45pm	GEMS World Academy	<b>Sprints</b> Acceleration, Speed, Speed endurance,
Tuesday	6:15pm – 7:45pm	GEMS World Academy	<b>Middle Distance</b> 800m – 3000m track based sessions
Tuesday	6:15pm – 7:45pm	GEMS World Academy	<b>Throws</b> Shot put, Discus
Wednesday	5:00pm – 6:30pm	GEMS World Academy	<b>Jumps</b> High jump only
Wednesday	5:00pm-6:30pm	GEMS World Academy	<b>Middle Distance (Invite Only)</b> 800m-3000m track based sessions
Wednesday	6:00pm – 7:30pm	Swiss International School	<b>Run Jump Throw</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Thursday	5:15pm – 6:15pm	GEMS World	<b>Sprint Hurdles</b>

		Academy	75, 80, 100, 110m & 400mH
Thursday	6:15pm – 7:45pm	GEMS World Academy	<b>Sprints</b> Acceleration, Speed, Speed endurance,
Thursday	6:15pm – 7:45pm	GEMS World Academy	<b>Middle Distance</b> 800m – 3000m track based sessions
Thursday	6:15pm – 7:45pm	GEMS World Academy	<b>Jumps</b> Long jump, High jump, Triple Jump
Saturday	8:00am – 9:30am	GEMS Dubai American Academy	<b>Athletics</b> Sprints, Middle distance, Long jump
Sunday	8:00am – 9:30am	GEMS Dubai American Academy	<b>Athletics</b> Sprints, Middle distance, Long jump

## Senior Schedule

Athletes aged over 19 years old

Day	Time	Venue	Session
Tuesday	6:30pm – 7:45pm	GEMS World Academy	<b>AIS Run Club</b> 800m – 3000m track based sessions
Thursday	6:30pm – 7:45pm	GEMS World Academy	<b>AIS Run Club</b> 800m – 3000m track based sessions
Sunday	5:00pm – 6:00pm	GEMS World Academy	<b>AIS Run Club</b> 800m – 3000m track based sessions