



National الإسعاف Ambulance الوطـنـي Abu Dhabi Sports Council مجلس أبوظبي الرياضي

MARINA CIRCUIT حلبة مرس يـــــاس

WEEK 1 – WC 12 SEPTEMBER

SUN 🌮	MON se	TUE C 🔀	WED 🌮	THU	FRIC®	SAT 😂
Run – Interval (20 mins)	Swim – 800m	Cycle – Interval (40 mins)	Run – Log (28 mins)		Long Ride (50 mins)	Swim (800m)
 WARM UP: 12 mins easy (run/walk) MAIN SET: 3 mins Hard WARM DOWN: 5 mins easy 	 WARM UP: 100m PULL Easy + 30 secs rest, 50m PULL Easy +15 secs rest, 50m DRILL* in Easy + 25 secs rest. MAIN SET X3: 50m Free Style Hard +30 secs rest, 50m KICK with float Easy +15 secs rest. 100m PULL moderate +30 secs rest. WARM DOWN: S0m Freestyle DRILL Easy +20 secs rest, 50m Freestyle Easy +20 secs rest, 50m KICK easy +2 0secs rest, 50m Backstroke Easy. 	These bike sessions are relatively short and sharp, so they're ideal for a mid-week workout. WARM UP: 10 mins easy cycling MAIN SET: 5x3 mins efforts in Moderate to Hard (+2 mins recoveries) WARM DOWN: 5 mins Easy	Easy Run - nice and easy. Use a run/walk strategy if you need to - keep your intensity low	REST DAY	WARM UP: 5 mins easy MAIN SET: 15, 12, 10 mins all at moderate, with 90 secs rests in easy. WARM DOWN: 5 mins Easy	 WARM UP: 100m PULL +20 secs rest, 50m Breast stroke +10 secs rest, 100m Freestyle +20 secs rest, 50m breast stroke +10 secs rest. MAIN SET: 4x100m as (50m DRILL*, 50m Freestyle) + 30 secs rests. WARM DOWN: 200m Freestyle breathe every 3 strokes.





الإسعاف National الإسعاف Ambulance الوطـنـن

Abu Dhabi Sports Council مجلس أبوظين الرياضي



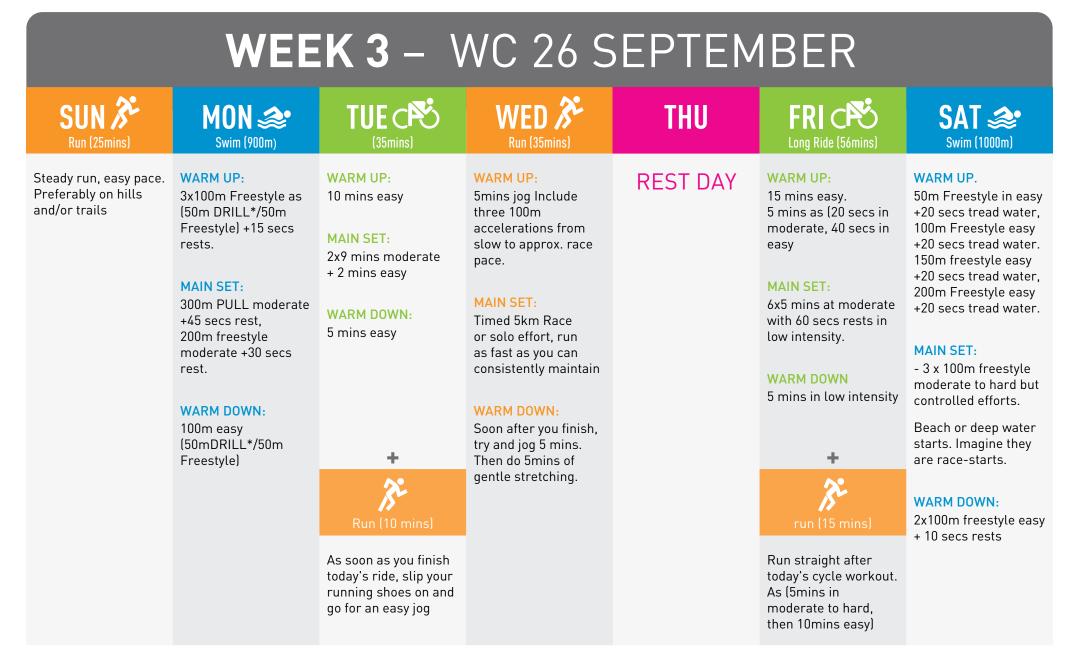
WEEK 2 – WC 19 SEPTEMBER WED 🌮 SUN 32 TUE C MON 🎓 THU SAT 🚁 Swim (800m) Cycle (32mins) Long Ride (50mins) Swim (1000m) Run (20mins) Run Long (30mins) WARM UP: WARM UP: WARM UP: Easy Run, nice and **REST DAY** WARM UP: WARM UP: easy. Use a run/walk 12 mins easy (run/ 4x50m Freestyle 100m PULL + 20 secs 10 mins easy 10 mins easy, strategy if you need to 5 mins as (20 secs in walk) + 15 secs rests rest. 50m breast - keep your intensity moderate, 40 secs in stroke + 10 secs rest. MAIN SET: low Easy Run, nice 100m Freestyle +20 low intensity). MAIN SET: MAIN SET: 3x2 mins in Moderate and easy. secs rest, 50m breast 3 mins Moderate + 2 mins recoveries 4x100m Freestvle stroke +10 secs rest. MAIN SET: moderate +30 secs easy 4x5 mins at moderate rests WARM DOWN: MAIN SET: with 60 secs rests in WARM DOWN: 5 mins easy 6x100m as (50m low intensity. WARM DOWN: 10 mins easy DRILL*, 50m 3x3mins at the 200m PULL easy Freestyle) + 30 secs moderate +30 secs breath every 3 rests. rests. strokes. WARM DOWN: WARM DOWN 200m freestvle 5 mins easy breathe every 3 strokes.





National الإسعاف Ambulance الـوطـنــن **Abu Dhabi** Sports Council مجلس أبوظبي الرياضي

MARINA CIRCUIT حلية مرس يـــــاس

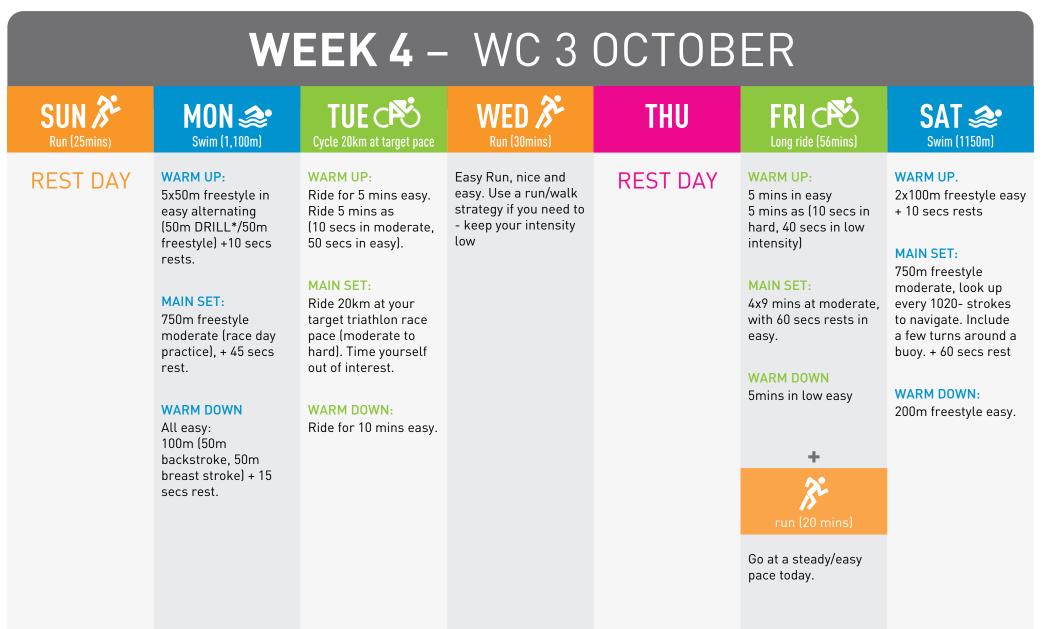






الإسعاف National الوطـنـي **Abu Dhabi** Sports Council مجلس أبوظبي الرياضي









National الإسعاف Ambulance الوطـنـن **Abu Dhabi** Sports Council مجلس أبوظبي الرياضي

YASMARINA CIRCUIT

