

DCS - Winter Training (Speed and Interval) leading upto the Dubai Marathon



Sept	Sunday (Safa Park main gate, by HSBC branch. 6am warm up, session to start at 6.15am)	Mon	Tuesday (Peacock Lane 6:15pm - Park at start of track (near Zabeel club))	Wed	Thurs	Fri	Sat
Week 1	1	2	3 - Speed Training - 10*400m (200m jog recovery) - 10min Tempo run (Increasing the speed)	4	5	6	7
Week 2	8	9	10 - Speed Training 5k Runners - 6*1k - 200m jog recovery Others 8*2mins - 90 sec's recovery	11	12	13	14
Week 3	15	16	17 - Speed Training - 5k runners - 5*600m - 200m Jog recovery - Others 5*600m, then 10min tempo (increasing the speed)	18 DRR 5K	19	20	21
Week 4	22	23	24- Interval/Endurance Session Group 1: 5min, 6min, 7min, 8min, 7min, 6min, 5min (steady) Group 2: 5min, 6min, 7min, 7min, 6min, 5min (steady) 2 min jog recovery hot runs	25	26	27	28
Week 5	29 Speed Training - Group 1: 300m, 400m, 500m, 600m,700m, 800m, 700m, 600m, 500m, 400m, 300m - Group 2: 200m, 300m, 400m, 500m, 600m,700m, 600m, 500m, 400m, 300m, 200m - 200m jog recovery	30					

October	Sunday (Safa Park main gate, by HSBC branch. 6am warm up, session to start at 6.15am)	Mon	Tuesday (Peacock Lane 6:15pm - Park at start of track (near Zabeel club))	Wed	Thurs	Fri	Sat
Week 5			1 -Interval/Endurance Session 5*6mins - 2min Jog recovery 10-15min Tempo (increasing the speed)	2	3	4 Dist 20k	5

Week 6	6- Speed Training - Group 1: 1000m, 800m, 600m *3 - Group 2: 800m, 700m, 500m *3 - 200m jog recovery	7	8 - Interval/Endurance Session Group 1: 5 *10mins Group 2: 4*10mins 2 min jog recovery bet runs	9	10	11 Zayed 10k Dist 22k	12
Week 7	13- Speed Training - Group 1: 8*1000m - Group 2: 8*800m 2 min jog recovery bet runs	14	15 - Interval/Endurance Session Light session for Friday's runners 6*3mins, or - Group 1: 4min, 6min, 8min, 10min, 8min, 6min, 4min - Group 2: 4min, 6min, 8min, 8min, 6min, 4min - 200m jog recovery	16	17	18 ABRaS 10k Saucony Half Marathon Dist 24k	19
Week 8	20 - Speed Training - Group 1: 16*500m - Group 2: 12-14*500m - 200m Jog recovery	21	22- Interval/Endurance Session Group 1: 4*15mins Group 2: 4*12mins 2 min jog recovery bet runs	23	24	25 Dist 25k	26
Week 9	27- Speed Training - Group 1: 300m, 400m, 500m, 600m,700m, 800m, 800m, 700m, 600m, 500m, 400m, 300m - Group 2: 200m, 300m, 400m, 500m, 600m,700m, 700m, 600m, 500m, 400m, 300m,200m - 200m jog recovery	28	29 - Interval/Endurance Session 5K warm up 5K Race Pace 5K Fast 2 min jog recovery bet runs	30	31		

November	Sunday (Safa Park main gate, by HSBC branch. 6am warm up, session to start at 6.15am)	Mon	Tuesday (Peacock Lane 6:15pm - Park at start of track (near Zabeel club))	Wed	Thurs	Fri	Sat
Week 9						1 Dist 28k	2
Week 10	3-- Speed Training - Group 1: 8 *800m - Group 2: 6/7 *800m - 200m recovery	4	5 - Interval/Endurance Session Light session for Friday's runners 8*4mins	6	7	8 Abu Dhabi HM	9
Week 11	10 Speed Training - Group 1: 10*1,000m - Group 2: 8*1,000m - 200m jog recovery	11	12- - Interval/Endurance Session Group 1: 25mins, 20mins, 15mins, 10mins Group 2: maybe drop the last 10min?	13	14	15 Dist 32k	16
Week 12	17- Speed Training - Group 1: 14*600m - Group 2: 10*600m - 200m recovery	18	19- Interval/Endurance Session Light session for Friday's runners 8mins, 10mins, 10mins, 8mins	20	21	22 Donut 10 miler	23

Week 13	24 - Speed Training -Group 1: 6*1,500m - Group 2: 6*1,200m -200m recovery	25	26 - Interval/Endurance Session Group 1: 20mins, 30mins, 20mins, 10mins Group 2: Maybe drop the last 10mins? 2 min jog recovery bet runs	27	28	29 Dist 36k	30
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December	Sunday (Safa Park main gate, by HSBC branch. 6am warm up, session to start at 6.15am)	Mon	Tuesday (Peacock Lane 6:15pm - Park at start of track (near Zabeel club))	Wed	Thurs	Fri	Sat
Week 14	1 - Speed Training - Group 1: 8-10*1,000m - Group 2: 8-10*900m -200m recovery	2	3 - Light session for Friday's runners	4	5	6 Dubai Creek Striders HM	7
Week 15	8 - Speed Training - Group 1: 300m, 400m, 500m, 600m,700m, 800m, 900m, 800m, 700m, 600m, 500m, 400m, 300m - Group 2: 200m, 300m, 400m, 500m, 600m,700m, 800m, 700m, 600m, 500m, 400m, 300m, 200m - 200m jog recovery	9	10- Interval/Endurance Session 7*10mins 2 min jog recovery bet runs	11	12	13 Dist 38k	14 Dubai Desert 10K
Week 16	15 - Speed Training -Group 1: 10*1,000m -Group 2: 10*800m -200m jog recovery	16	17- Interval/Endurance Session 4* 20mins. 2 min jog recovery bet runs	18	19	20 Dist 42k	21
Week 17	22 - Speed Training -Group 1/2: 6*600m -200m jog recovery - 20 min tempo run (increasing the pace)	23	24 - Interval/Endurance Session 2.5 mins, 5mins, 7.5mins, 10mins, 12.5mins, 12.5mins, 10mins, 7.5mins, 5mins, 2.5mins 2 min jog recovery bet runs	25	26	27 Dist 42k	28
Week 18	29 - Speed Training - Group 1: 300m, 400m, 500m, 600m,700m, 800m, 900m, 900m, 800m, 700m, 600m, 500m, 400m, 300m - Group 2: 200m, 300m, 400m, 500m, 600m,700m, 800m, 800m, 700m, 600m, 500m, 400m, 300m, 200m - 200m jog recovery	30	31 - 7AM MEET??? Interval/Endurance Session 5K warm up 5K Race Pace 5K Fast 2 min jog recovery bet runs				

January	Sunday (Safa Park main gate, by HSBC branch. 6am warm up, session to start at 6.15am)	Mon	Tuesday (Peacock Lane 6:15pm - Park at start of track (near Zabeel club))	Wed	Thurs	Fri	Sat
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Week 18				1	2	3 ABRaS 10k Dist 44k	4
Week 19	5 - Speed Training -Group 1: 12*800m -Group 2: 10*800m -200m jog recovery	6	7- Interval/Endurance Session 30mins, 20mins, 15mins, 10mins, 5mins	8	9	10 Zayed 10k Dist 42k	11
Week 20	12 - Speed Training - Group 1: 1500m, 1000m, 800m *3 - Group 2: 1200m, 1000m, 800m *3 - 200m jog recovery	13	14 - Interval/Endurance Session 6mins, 8mins, 10mins, 12mins, 14mins, 10mins, 6mins 2 min jog recovery bet runs	15	16	17 Dist 20k	18
Week 21	19 - Interval/Endurance Session 6*2k at race pace 2 min jog recovery bet runs	20	21 - No Session	22	23	24 SCB Marathon & 10K	25