

## RUNNING TRAINING FOR ALL AGES

SPRINTING, MEDAL AND LONG DISTANCE TRAINING

Whether you're ramping up to your first 5-K or shooting for your fastest marathon finish, you want advice and a training plan that you can trust.

At NIKKY SPORTS, we offer training plans for runners of all abilities. Our plans are based on the principles that have worked for many, so you can count on them to get you to the starting line fit and energized—and ready to run your best.

**Location:** Safa Park (between Sheikh Zayed & Al Wasl Roads) gate no.4 & 5 in the parking area.

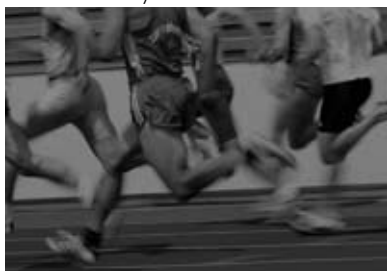
Training Plan include: • **Warming Up** • **Stretching** • **Running Drills** • **Running Strides** • **Speed Work** • **Sprints** • **Endurance** • **Core Stability** • **Strength Work** • **Running Technique** • **Event Specific Training** • **Seniors Running**

### Training Schedule:

Tuesday	18:45 hours (Gate no.5)
Friday	08:00 hours (Gate no.4 with Nikky Haradine) 08:00 hours (Gate no.5 with Zakaria el Yakoubi)
Saturday	08:00 hours (Gate no.5)

• Everyone MUST be at meeting point 15 minutes prior to the start time

To get fit, stay fit and most importantly: to have fun at the same time!  
Reach Nikky at 050 45 07 762 / info@nikky-sports.com



## SQUASH

Squash Coaching for Everyone  
(Squash Fitness, Court Training & Match Play)

Private Individual Lessons & Group Sessions:  
- Beginners, Intermediate & Advanced Coaching for Mens, Ladies, Teenagers, Juniors and Infants.



## RUNNING

Running Training for All Ages  
(Sprinting, Medal and Long Distance Training)

- Individual or Group Sessions  
- Speedwork for Competitive Runners from 100 meters to a Marathon.  
- Every Friday, Saturday and Tuesday's



## FITNESS

Fitness Camp for Everyone

- Ladies Groups - Mens groups - Mixed Groups

Every Sunday, Monday, Tuesday and Wednesdays at Safa Park (opp. Sheikh Zayed Road) outside Gate no. 5 in the Parking area.

Soccer Camp for Kids & Teenagers

- Soccer training for children's aged 7 - 14

Every Friday and Saturdays 10:00 - 11:00 & 11:00 - 12:00 hours at Safa Park, Gate no. 2 (Al Wasl Road)