

LADIES RUN CLUB

MEMBERSHIPS

Ladies Run Club exists to support women in endurance sport through world-class coaching, meaningful connection, and shared experiences.

LRC launched in Dubai in 2020 and is now a global environment for women who want to run, improve, belong, and get better at life through running.

Your membership includes:

1. Weekly Training Programming* delivered via [TrainingPeaks](#)
2. Weekly Coaching [Video Briefing](#)
3. Ladies Run Club [WhatsApp Support Group](#)
4. Monthly [LRC Online Forum](#)
5. Access to 2 annual [LRC Training Camps](#)
6. Access to [InnerFight on Tour](#) Race Experiences
7. Option to add-on 12-week [LRC Performance Race Plan](#)

*Training Programme will include a variety of run sessions (including Intervals and Tempo Sessions), Running Specific Strength, Core work, and mobility.

Dubai based sessions that you will usually find the community at are:

[Tuesday 5:59am](#) at the athletics track in Sports City: location [here](#)

[Wednesday 5:59am/5:59pm](#) at InnerFight in Studio City: location [here](#)

[Friday 5:59am](#) at Common Grounds on Kite Beach: location [here](#)

Membership Rates:

1 MONTH

495 AED

3 MONTHS*

1,350 AED

6 MONTHS

2,400 AED