TRAINING PROGRAM

As community-based initiative, the Jeddah Half Marathon 2022 will offer 3 training programs to prepare all of you to run your preferred distance.

You can also enroll with any running community club.

4^{km}

Training Program – *Calendar & useful Tips*

10^{km}

Training Program – *Calendar & useful Tips*

21^{km}

Training Program – *Calendar & useful Tips*

4KM
TRAINING PROGRAM

A first time participating in a race, interested in running your first 4km, well this training is for you.

We guarantee you, it is going to be a nice yet challenging experience. Follow the weekly 4km training program and meet us at the start line.

Commit to 3 runs per week for a period of 8 weeks depending on your schedule and we will take you injury free to the start line for the Jeddah Half Marathon 2022 on December 10th.

"One step at a time" if you are new to running in order to enjoy your experience, our training program will almost keep you on your comfort zone till you are ready for your race day.

Add-on strategy, we gradually increased your running volume & intensity

8 WEEKS

3 RUNS/WEEK

25-50 MIN/SESSION

RPE AND HEART RATE %

What Is RPE:

RPE: Rate of perceived exertion (effort) is your training intensity of your physical & mental capabilities. It allows you to train at a certain intensity to meet your training objectives and distance set.

Zone1 JUST NOTICEABLE ✳

0	1	2
NOTHING AT ALL	VERY WEAK	WEAK

40-50%
of your Max Heart rate

Zone2 LIGHT ✳✳

3	4
MODERATE	SOMEWHAT STRONG

51-60%
of your Max Heart rate

Zone 3 STRONG ✳✳✳

5	6
STRONG	

61-75%
of your Max Heart rate

Zone 4 HEAVY ✳✳✳✳

7	8
VERY STRONG	

76-85%
of your Max Heart rate

Zone 5 ALMOST MAX ✳✳✳✳✳

9	10
VERY VERY STRONG	

86-100%
of your Max Heart rate

8 WEEKS PROGRAM

This program is designated for beginners, all you need is to follow it on a weekly basis and make sure that you cross the finish line.

WEEK 1

20 min– Walk 4:30min/run 30 sec easy RPE 1/4	25min– walk 3min/ run 30 sec min easy RPE 1/4	28min– walk 6min/ run 60 sec easy RPE 1/4
SUNDAY	**TUESDAY**	**FRIDAY**

WEEK 2

25min– Walk 4min/ run 1min easy RPE 1/4	28min– walk 3min/run 1min easy RPE 1/4	30 min– walk 4min/ run easy 30sec/ run fast 30 sec RPE 2/7
SUNDAY	**TUESDAY**	**FRIDAY**

WEEK 3

30min– walk 2min/ run 30 sec easy RPE 1/5	35min– walk 2min/ run 30 sec easy RPE 1/5	38min– walk 3min/ run easy 90 sec RPE 1/6
SUNDAY	**TUESDAY**	**FRIDAY**

WEEK 4

35min– walk 3 min/ run 2min easy RPE 1/5	38min– walk 3min/ run easy 1min/ run fast 30 sec RPE 2/7	42min– walk 2 min/ run easy 2min RPE 1/6
SUNDAY	**TUESDAY**	**FRIDAY**

8 WEEKS PROGRAM

This program is designated for beginners, all you need is to follow it on a weekly basis and make sure that you cross the finish line.

WEEK 5

38min– Run easy 1min/ walk 1min/ Run fast 30 sec/ walk 2min RPE 2/7 **SUNDAY**	40 min– Run easy 90 sec/ walk 1min/ run fast 30 sec/ walk 2min RPE 2/7 **TUESDAY**	50 min– walk RPE 1/2 **FRIDAY**

WEEK 6

40min– Run 3min easy walk 1min RPE 2/6 **SUNDAY**	44 min– Run easy 4min/ walk easy 90 sec RPE 3/6 **TUESDAY**	48min– run easy 5min / walk 1min RPE 1/7 **FRIDAY**

WEEK 7

48min– Run easy 5 min/ walk 1min RPE 2/6 **SUNDAY**	50min– Run easy 8min/ Run fast 1min/ Walk 1min RPE 2/7 **TUESDAY**	50min– Run easy 9 min/ walk 1min RPE 2/7 **FRIDAY**

WEEK 8

50min– Run easy 10min/ run fast 1min/ walk 90 sec RPE 3/8 **SUNDAY**	45min– Run easy 21min/ Run fast 90 sec RPE 3/8 **TUESDAY**	45 min– Run easy 4min/ Run fast 1min RPE 5/8 (you are ready) **FRIDAY**

DID YOU KNOW

01

37% of people mistake thirst for hunger because thirst signals can be weak (Hydrate your body)

02

Stress and lack of sleep are major factor to cause injuries.

03

Nowadays almost 2,000 runners around the world are able to run a mile under 4 minutes

04

Pro-runners run more than 150km/week

10KM
TRAINING PROGRAM

Are you a runner? Are you willing to improve and train the right way?

Follow our 8 weeks 10 km training program and improve your timing and overall performance. This distance is ideal for anyone who wants to stay healthy, and take his training to another level. Follow an ascending pace while training to build momentum and stamina and most importantly train your muscles to avoid injuries.

10km is less demanding in training volume comparing to half and full marathon training.

The bulk of your training is always on zone1/2 because aerobic training will push your lactic threshold higher, and you become faster

An average person running 10km is around 60 minutes so give it a try

Are you ready to train the right way?

We'll Give you the way, take it with a strong will

8 WEEKS

3 RUNS/ WEEK

30-70 MIN/ SESSION

RPE AND HEART RATE %

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Zone 5 ALMOST MAX ✳✳✳✳✳

9	10
VERY VERY STRONG	

86-100% of your Max Heart rate

8 WEEKS PROGRAM

This program is designated for intermediate levels, all you need is to follow it on a weekly basis and make sure that you cross the finish line.

WEEK 1

38min- easy jog 7min/ run fast 1min RPE 1/7	40min- easy jog 4min 30sec/ run fast 30 sec RPE 1/7	44min- easy run 10min/ run fast 1min RPE 1/7
SUNDAY	**TUESDAY**	**FRIDAY**

WEEK 2

40min- easy run 2min/ run fast 30 sec RPE 1/7	44min- easy run 3min/ run fast 1min RPE 2/8	48min- easy run RPE 2/6
SUNDAY	**TUESDAY**	**FRIDAY**

WEEK 3

48min- easy run 2min/ run fast 1min RPE 2/8	52min- 2min 30sec/ run fast 90 sec RPE 2/8	55min- easy run RPE 2/6
SUNDAY	**TUESDAY**	**FRIDAY**

WEEK 4

52min- easy run 11min/ run fast 2min 2/8	55min- easy run 2min/ sprint for 30 sec RPE 4/9	60min- easy run RPE 2/6
SUNDAY	**TUESDAY**	**FRIDAY**

8 WEEKS PROGRAM

This program is designated for intermediate levels, all you need is to follow it on a weekly basis and make sure that you cross the finish line.

WEEK 5

SUNDAY
60min- 3min easy run/ 1min sprint RPE 4/9

TUESDAY
64min- easy run 5min/ Run fast for 2min / walk or 1min RPE 4/9

FRIDAY
68min- easy run RPE 2/6

WEEK 6

SUNDAY
45min- Run on a gradual speed start easy and increase your pace every 5 min RPE 4/8

TUESDAY
50min- Run on a gradual speed start easy and increase your pace every 5 min RPE 4/8

FRIDAY
70min- easy run RPE 2/6

WEEK 7

SUNDAY
55min- Run on a gradual speed start easy and increase your pace every 5min RPE 4/8

TUESDAY
60min- Run on a gradual speed start easy and increase your pace every 5 min RPE 4/8

FRIDAY
70min- easy run 65min/ faster pace 5min RPE 2/8

WEEK 8

SUNDAY
65min- Run on a gradual speed and increase your pace every 5min but finish the last minute with a fast run RPE 2/9

TUESDAY
70min- Run 3min/ run fast 4min RPE 4/8

FRIDAY
70min- easy run but push when you feel like pushing, finish your run strong RPE 4/8

DID YOU KNOW

01

Every day is a good day when you run

02

RPE: Rate of perceived exertion is your training intensity of your physical & mental capabilities

03

37% of people mistake thirst for hunger because thirst signals can be weak (Hydrate your body)

04 10km records
Joshua Cheptegei of Uganda in 26:11.00, 10,000-metre record is held by Letesenbet Gidey of Ethiopia in 29:01.03

05

Alula in Saudi Arabia is one of the most beautiful places to experience an eco-trail run

06

Heat and Humidity can increase your VO2 max just like the high altitude training

HALF MARATHON

TRAINING PROGRAM

Ready for the next challenge? Increase your running distance and run your First Half Marathon

Follow our 8 weeks 21km training program and run your first ever half marathon.

The half Marathon is one distance before running a full marathon. It is one of the most enjoyable distances yet very demanding physically and mentally.

8 WEEKS

follow our program if you can easily run 10km, it is an intermediate level training sessions

4 RUNS/WEEK

1 CROSS TRAINING

45-120 MIN/SESSION

RPE AND HEART RATE %

What Is RPE:
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Zone1 JUST NOTICEABLE ✱

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NOTHING AT ALL	VERY WEAK	WEAK	of your Max Heart rate

Zone2 LIGHT ✱✱

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MODERATE	SOMEWHAT STRONG	of your Max Heart rate

Zone 3 STRONG ✱✱✱

5	6	61-75%
STRONG		of your Max Heart rate

Zone 4 HEAVY ✱✱✱✱

7	8	76-85%
VERY STRONG		of your Max Heart rate

Zone 5 ALMOST MAX ✱✱✱✱✱

9	10	86-100%
VERY VERY STRONG		of your Max Heart rate

8 WEEKS PROGRAM

This program is designated for intermediate levels, all you need is to follow it on a weekly basis and make sure that you cross the finish line. If you are trained to run 10km you can rely on this program.

1/2

WEEK 1

SUNDAY	TUESDAY	WEDNESDAY	FRIDAY
60 min– easy run 30 min RPE1/3, 6X(Run easy 4min, 1min run fast) RPE 2/6	65 min–Run easy 30min RPE 1/3, 25 min run RPE 3/5, 5 min run RPE 5/6	30 min– easy run, cross training, Pilates or Yoga	70 min– easy run RPE 1/4

WEEK 2

SUNDAY	TUESDAY	WEDNESDAY	FRIDAY
65 min– easy run 30min, RPE 1/3, 7X (run fast 2min, run easy 3min) RPE 2/6	75 min– (easy run 10min/ run fast 5min) x5 RPE 2/7	40 min– cross training, swimming, yoga, Pilates, stretching, etc.	75 min– easy run RPE 1/4

WEEK 3

SUNDAY	TUESDAY	WEDNESDAY	FRIDAY
70 min– Easy run 20min/ run fast 10min/ run easy 30min/ run fast 10 minutes	90 min– (Easy run 15min/ run fast 15min)X3 RPE 2/7	40 min– cross training, swimming, yoga, Pilates, stretching, etc.	80 min– Easy run RPE 1/4

WEEK 4

SUNDAY	TUESDAY	WEDNESDAY	FRIDAY
75 min– Easy run 10min/ run fast 15min RPE 3/8	75 min– run easy one way 38min/ come back in 37min RPE 2/8	45 min– Cross training, swimming, hike, yoga, stretching, etc.	90 min– Easy run RPE 1/4

8 WEEKS PROGRAM

This program is designated for intermediate levels, all you need is to follow it on a weekly basis and make sure that you cross the finish line. If you are trained to run 10km you can rely on this program.

WEEK 5

SUNDAY	TUESDAY	WEDNESDAY	FRIDAY
75 min- Warm up 15 min/ RPE 1/3. Run 4 min fast pushing speed/ easy run 1min RPE 6/8	75min- warm up 15 min/ RPE 1/3. 10 X (5min Run fast pushing speed/ Complete 1min rest in between)	45 min- Cross training, swimming, hike, yoga, stretching, etc.	95 min- easy run RPE 1/4

WEEK 6

SUNDAY	TUESDAY	WEDNESDAY	FRIDAY
75 min- Warm up 15min/ RPE 1/3. 10 X sprint for 1min RPE 7/8 complete rest 2minutes	75 min- Warm up 15min/ RPE 1/2 Run on a gradual speed for 60min as 55min zone 3, 5 min zone 4 RPE 3/8	45 min- Cross training, swimming, hike, yoga, stretching, etc.	100 min- easy run RPE 1/4

WEEK 7

SUNDAY	TUESDAY	WEDNESDAY	FRIDAY
75 min- warm up 15min/ RPE 1/3. 20 X (30 sec sprint/ 2min 30 sec easy run) RPE 5/8	75min- run easy one way 39min zone 1/3, come back in 36min Zone 3/4/5	45 min- Cross training, swimming, hike, yoga, stretching, etc.	105 min- easy run RPE 1/4

WEEK 8

SUNDAY	TUESDAY	WEDNESDAY	FRIDAY
75 min- warm up 15min/ RPE 1/3 20 X (90 pushing speed/ 90 sec easy run) RPE 5/9	75min- warm up 15min / RPE 1/3 6X (8 min run fast pushing speed / 2min run easy) RPE 5/8	45 min- Cross training, swimming, hike, yoga, stretching, etc.	110 min- easy run RPE 1/4

DID YOU KNOW

01
Every day is a good day when you run

02
RPE: Rate of perceived exertion is your training intensity of your physical & mental capabilities

03
37% of people mistake thirst for hunger because thirst signals can be weak (Hydrate your body)

04
Alula in Saudi Arabia is one of the most beautiful places to experience an eco-trail run

05
When you run your body uses two sources of fuel to feed your muscles, fat and mostly carbohydrates.

06
The name Marathon comes from the legend of Pheidippides, a Greek messenger. The legend states that he was sent from the battlefield of Marathon to Athens to announce that the Persians had been defeated in the Battle of Marathon (in which he had just fought), which took place in August or September, 490 BC.

USEFUL TIPS & INFORMATION
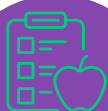
Tips

Wear supportive shoes and comfortable clothes that will not restrict how you move.

Warm up and cool down before and after each run.

Drink water before and after running. Take water with you while running.

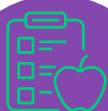Fuel is important to get the best out your training.

Do not overdo it. Gradually increase your pace and distance but by no more than 10% per week.

Let your body rest for 24–48 hours between each run.

Include different forms of exercise in your weekly training program, such as flexibility and strength training.

HELPFUL TIPS!

USEFUL TIPS & INFORMATION

Your Diet Plan & Tips

Anti-inflammatory food: Berries, Green leafy vegetables

Proteins: Beans, chicken, fish & meat

Avoid all sugar and refined carbs

Olive oil, lemon, sesame oil in your salad

Always choose a balanced meal

For the race day, use the same nutrition strategies that you were using during your training, adding food or supplements that you are not used to can cause GI distress and ruin your race.

For small distances such as 4km or 5km runs, a light breakfast is needed

On the morning of a 10km, make sure to eat a carbohydrate-based breakfast, including things like porridge or cereals, breads & fruit juices, 2-3 hours before the race. It's also key to hydrate well in the hours before by drinking plenty of water and the option to include electrolytes

Many people make the mistake of waiting until the night before the race to eat their big meal. Try making lunch your big meal of the day before the race, instead. This gives your body more time to process nutrients, lowers the risk of stomach problems, and can even help you sleep more soundly. Pasta is still often considered one of the best pre-race meals but instead of having it for dinner, eat it for lunch the day before the race and opt for a lighter dinner that evening, instead.

Protein is useful after training and your race

Major vitamins to consider for runners; Calcium, vitamin D; Vitamin C, Vitamin E, Zinc, Iron, B complex and Magnesium.

Those five supplements are: caffeine, creatine, nitrate/beetroot juice, beta-alanine and bicarbonate. For distance runners (5,000m and over), caffeine and nitrate are the two supplements that the consensus review recommends. Most runners are aware of the benefits of caffeine, and take advantage of those benefits.

The levels of electrolytes in your body can become too low or too high. This can happen when the amount of water in your body changes. Make sure the amount of water intake is equal to the one you lose

Coconut water, watermelon, sports drinks, milk and electrolyte tablets should be used to avoid dehydration

USEFUL TIPS & INFORMATION

Injury Prevention

Wear proper footwear especially for your first runs

Good warm up and stretch your muscles after running

Drills like high knees, Butt kicks, power skips, carioca, A & B skip help increasing your speed and fix your technics

Strength & conditioning will give you a strong and firm body, so hit the gym and do weight training

Your body is your alarm, listen to it

Always consider cross training like swimming, gym, Yoga, Pilates ,etc.

Training should be gradually increased regarding intensity & volume

Get advices from experts

Drink water before, during and after your run

Never push beyond your limits if you are not used to

Consider safety such as night reflectors.

Run with someone if alone take the usual route and take your phone with you

USEFUL TIPS & INFORMATION

How to Stretch

Dynamic stretch is required before starting your run, especially the biggest muscles group like quadriceps, glutes, hip flexors & hamstrings

Do a total body warm up engaging Abs and core

Consider those exercises before every run: Heel raise, matrix lunges, Sumo squats, walking hip hinge forward, etc.

Do at least 8 minutes stretch after your run and make it a static stretch for more than 12 seconds

Avoid overstretching because it might cause injury, Know your limits

Breathe deeply from nose while stretching and never hold your breath

Stretching will give you the state of comfort after hard sessions

Stretching is always part of your training and never skip it

USEFUL TIPS & INFORMATION

For Runners

Your running shoes & outfit do matter

Be in your best shape physically and mentally on the race day

Eat at least 80 minutes before your race

Find a running partner that is close to your level

Smiling while running helps you

Less is best and cut it short your training, especially your intervals

Start slow & end slow

Use sunscreen and anti-chafing cream

Run early or late

Run in shades and avoid sun contact

Hydrate and use ice bandana on your neck

Do it indoor

Run with a company or a group

TYPES OF RUNNING TRACK

Track Running: Up to 8 lanes and used in schools and clubs, objective run as fast as you can

Cross country: Challenging runs that push you beyond your extreme limits, objective is wild and extreme runs

Road run: It's well known and favorite in every city, objective is enjoy and make it fun.

Trail run: Enjoy the heart of nature. Objective Lower, upper and mental good   training.

USEFUL TIPS & INFORMATION

Tips of Runners & Running Shoes

We have 3 types of running shoes: the short distance ones up to 400, 800 and 1200m for sprinting, mid distance from 1200m to 7000m, and long distance from 7000m to ultra marathons.

We have 3 types of runners: heel strike, mid foot and forefoot impacts and be aware of your running technics when buying your shoes

Usually the expiry date of a running shoes depends on the mileage and your foot quality, therefore if your experiencing that your shoes soles are worn out it's time to change them.

Whatever the brand or type, you need to be comfortable wearing your shoes and like we say ***No one else is walking (running) in your shoes***