



ماراثون الرياض
RIYADH MARATHON

الرياضة
للجميع

SPORTS
FOR ALL



TRAINING GUIDE RUNNING A 10KM RACE

FEBRUARY 11



وزارة الرياضة
Ministry of Sport

برنامج جودة الحياة
QUALITY OF LIFE PROGRAM



رؤية
2030
المملكة العربية السعودية
KINGDOM OF SAUDI ARABIA

10KM

OUR RECOMMENDATIONS TO GET READY FOR D-DAY

BEGINNER OR EXPERIMENTED RUNNER ?

Either way, we are glad to count you in on February 11th! The Riyadh Marathon offers opportunities for everyone to participate.

If you are new to running and registering for your first 10k ever, we guarantee you will fall in love with running! Start training a few months before and see how fast you make progress.

If you've been a runner for years and are used to 10k races, it's time to start getting ready for your new time record



1/

YOUR LIFESTYLE

**EVERY ACHIEVEMENT BEGINS
WITH THE DECISION TO TRY**

EAT WELL & STAY HYDRATED

Eating healthy will help you feel better and lighter. It can increase your motivation to pursue your running goals as these healthy habits will call for more ! Don't forget to drink water, it will help energize your muscles and protect your joints.

Find out more on Healthy Living on SFA website.

STAY ACTIVE

Even on days you are not training, try to maintain an active lifestyle. It is easy to incorporate in your everyday life: take the steps, go for a walk, park further away or try to move your muscles...

**MAYBE THE
BEGINNING OF A NEW
PASSION AND THE
FIRST ONE OF MANY
MORE ?**

TRAIN WITH YOUR FAMILY AND FRIENDS

Running is even more enjoyable when you can share that experience with your loved ones. Even if they are not used to running, slow jogging and power walking are more than encouraged, everybody has to start somewhere!

On February 11th you will be able to share the pride of crossing the finish line together. Memories that will last forever!



2/

YOUR EQUIPMENT

TRAINERS

Your secret weapon! Your choice of footwear is very important: you need to put your best foot forward and try it out during your training. On the day, obviously, you need to avoid wearing new trainers.

OUTFIT

It must be comfortable and suited to your morphology. Synthetic textiles are recommended: cotton is no good when it is soaked with sweat!

Socks should fit properly around the foot and ankle. The right socks means no blisters!

RACE BIB

The only proof that you have registered for the race. Collect it in plenty of time before the start and wear it during the race.

PLAYLIST

To each their own, but you can prepare a playlist with a podcast, music or whatever audio entertainment you prefer.

It's a great way to give yourself a boost!

HYDRATION BELT

It must be comfortable and suited to your morphology. Synthetic textiles are recommended: cotton is no good when it is soaked with sweat!

Socks should fit properly around the foot and ankle. The right socks means no blisters!



FIND THE RIGHT EQUIPMENT TO TAKE YOU FROM YOUR DOORSTEP TODAY TO THE FINISH LINE ON MARCH 5TH

3/

YOUR PREPA- RATION



**ALLOW YOURSELF TO TAKE
A BREAK AND TRY TO ENJOY
EVERY MINUTE OF IT**

STEP-BY-STEP TRAINING

Try to stay regular! Throughout these weeks of training, you will experience moments of joy, and you will feel like a superhero! But there will also occasionally be periods of tiredness, even doubt.

Stay as regular as possible in your training: try not to drop out as it's the best way to keep making progress day after day.

FIND YOUR PACE

Can you run and talk at the same time? You must be able to hold a conversation as you run. If this is not the case, and you are short of breath, then you need to reduce your speed.

No need to rush, you will find it easier and be more motivated once you find your ideal pace!

**SLOW JOG AND
POWER WALK WHEN
NECESSARY
IF YOU CANNOT RUN
THE WHOLE TIME**



4

YOUR TRAINING

Get started at the beginning of January 2022 and follow the two sessions a week plan to achieve the 10km race on March 5th !

WEEK 1

SESSION 1 SPLIT RUN

Warm-up : 20min of endurance run
+ 8 to 10 series of 20sec fast run / 20sec slow run
Cool down 10min

SESSION 2 JOGGING

40min of endurance run slow run

WEEK 2

SESSION 1 SPLIT RUN

Warm-up : 20min of endurance run
+ 8 to 10 series of 30sec fast run / 30sec slow run
Cool down 10min

SESSION 2 JOGGING

45min of endurance run slow run

WEEK 3

SESSION 1 SPLIT RUN

Warm-up : 20min of endurance run
+ 8 to 10 series of 40sec fast run / 40sec slow run
Cool down 10min

SESSION 2 JOGGING

50min of endurance run slow run

WEEK 4

SESSION 1 SPLIT RUN

Warm-up : 20min of endurance run
+ 8 series of 50sec fast run / 50sec slow run
Cool down 10min

SESSION 2 JOGGING

Preparatory race on a 5 or 7km distance

WEEK 5

SESSION 1 SPLIT RUN

Warm-up : 20min of endurance run
+ 7 series of 1min fast run / 1min slow run
Cool down 10min

SESSION 2 JOGGING

55min of endurance run

WEEK 6

SESSION 1 SPLIT RUN

Warm-up : 20min of endurance run
+ 6 series of 1min15 fast run / 1min15 slow run

SESSION 2 JOGGING

1h of endurance run

WEEK 7

SESSION 1 SPLIT RUN

Warm-up : 20min of endurance run
+ 5 series of 1min30sec fast run / 1min30sec slow run

SESSION 2 JOGGING

25min of power walking or slow run

WEEK 8

SESSION 1 SPLIT RUN

Warm-up : 20min of endurance run
+ 8 series of 30sec fast run / 30sec slow run
Cool down 10min

SESSION 2 RACE DAY FINISH YOUR FIRST 10KM 1H

DON'T STOP THERE! TRY TO KEEP UP A RHYTHM OF ONE RUN A WEEK AT LEAST AND GET READY FOR NEXT YEAR...

THE COACH'S ADVICE

“For jogging, run at a low intensity, the pace should remain comfortable, the breathlessness controlled. You

should be able to talk while running.
For split sessions, accelerate progressively, then recover at

a slow pace and so on. This is not a sprint, try to cover the same distance with each acceleration.

5 / ON D-DAY



A BALANCED BREAKFAST

Try to stick to your good eating habits: don't skip a meal but don't go over the top. You just need to replenish your energy reserves, protein and carbohydrate (gel, chew, fruit purée...) will be your best friends.



BE ON TIME

You should arrive at least 20 minutes before the start time. Head to the start area where you will meet other runners and warm up to music.



DON'T FORGET TO DRINK WATER

During the race, don't miss any water supply. Even the first one! You should hydrate in small, regular quantities: 3-4 sips every 20 minutes for example. Never wait until you are thirsty in order to maintain your physical abilities.

AFTER THE RACE

In a few hours, you will be a finisher!

You will be able to reward yourself with a fun time : enjoy the Village animations, share your experience with your friends and family, cheer on other runners, and take pictures with your well deserved medal.



6 / KEEP GOING

KEEP UP YOUR HEALTHY HABITS

If you started training a few weeks ago, it's easy to go back to your old habits after completing the race. The key is to keep up your efforts on the long term: find new training options, try to walk instead of taking your car for short distances, or subscribe to a new gym for indoor training!

FIND NEW SOURCES OF MOTIVATION

Now that you finished your 10k race, you need to find new objectives to stay motivated and continue training. Whether it's to improve your record time or to tackle a longer race, you certainly have a good reason to get back to running in the next few weeks.

Try to involve your friends in your sporting journey, there's no better feeling as encouraging each other to attain your goals!

DON'T GIVE UP ON RUNNING!



NOW, IT'S OVER TO YOU...



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GOOD LUCK WITH YOUR PREPARATION!

