



ماراثون الرياض  
RIYADH MARATHON



الاتحاد السعودي للرياضة للجميع  
SAUDI SPORTS FOR ALL FEDERATION



# TRAINING GUIDE RUNNING A 4KM RACE

FEBRUARY 10 2024



وزارة الرياضة  
Ministry of Sport

برنامج جودة الحياة  
QUALITY OF LIFE PROGRAM



رؤية  
2030  
المملكة العربية السعودية  
KINGDOM OF SAUDI ARABIA

# 4KM

## OUR RECOMMENDATIONS TO GET READY FOR D-DAY

### 4KM MIGHT SEEM LIKE A LOT FOR A FIRST...

... but no pressure! The Riyadh Marathon offers opportunities for everyone to participate regardless of their age and athletic abilities. The 4k will be a fun run where power walking is also encouraged.

The event is a festive occasion to discover something new if you are not used to running or scared to start on your own. The day will be filled with fun, food, music, fitness and more!



# 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...

### 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 10th you will be able to share the pride of crossing the finish line together. Memories that will last forever!



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



# 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.

## 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!

## 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!

**FIND THE RIGHT EQUIPMENT TO TAKE YOU FROM YOUR DOORSTEP TODAY TO THE FINISH LINE ON FEBRUARY 10TH**



# 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.

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

## **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!



# 4 YOUR TRAINING

This program can help you get started if you are new to running. Start in January 2024 and follow the two sessions a week plan to achieve the 4km race on February 10th!

**WEEK 1**

**SESSION 1  
SPLIT RUN**

Warm-up : 10min of walk or slow run  
+ 4 series of 15sec fast run / 15sec slow run  
Cool down 5min

**SESSION 2  
JOGGING**

10min of power walking or slow run

**WEEK 2**

**SESSION 1  
SPLIT RUN**

Warm-up : 10min of walk or slow run  
+ 4 series of 20sec fast run / 20sec slow run  
Cool down 5min

**SESSION 2  
JOGGING**

15min of power walking or slow run

**WEEK 3**

**SESSION 1  
SPLIT RUN**

Warm-up : 10min of walk or slow run  
+ 4 series of 30sec fast run / 30sec slow run  
Cool down 5min

**SESSION 2  
JOGGING**

20min of power walking or slow run

**WHEN YOUR LEGS GET TIRED, RUN WITH YOUR HEART**

#### THE COACH'S ADVICE

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

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

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.

**WEEK 4**

**SESSION 1  
SPLIT RUN**

Warm-up : 10min of walk or slow run  
+ 4 series of 40sec fast run / 40sec slow run  
Cool down 5min

**SESSION 2  
JOGGING**

25min of power walking or slow run

**WEEK 5**

**SESSION 1  
SPLIT RUN**

Warm-up : 10min of walk or slow run  
+ 4 series of 45sec fast run / 45sec slow run  
Cool down 5min

**SESSION 2  
JOGGING**

20min of power walking or slow run

**WEEK 6**

**SESSION 1  
SPLIT RUN**

Warm-up : 10min of walk or slow run  
+ 4 series of 30sec fast run / 30sec slow run  
Cool down 5min

**SESSION 2  
RACE DAY  
FINISH YOUR  
FIRST 4KM**



**NOW,  
IT'S  
OVER TO  
YOU...**



**ماراثون الرياض  
RIYADH MARATHON**

**GOOD LUCK WITH YOUR  
PREPARATION!**