



ماراثون الرياض
RIYADH MARATHON



الاتحاد السعودي للرياضة للجميع
SAUDI SPORTS FOR ALL FEDERATION



TRAINING GUIDE MY FIRST HALF-MARATHON

FEBRUARY 10 2024



وزارة الرياضة
Ministry of Sport

برنامج جودة الحياة
QUALITY OF LIFE PROGRAM



رؤية
2030
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KINGDOM OF SAUDI ARABIA

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THE HALF-MARATHON EXPERIENCE

CHALLENGE ACCEPTED!

In a few months, a new experience awaits you that will take you beyond your limits. The goal? Get to the end of the 21,0975 km course... Until then, it's time to prepare for this challenge!

This "My 1st half-marathon" training guide will give you all the secrets to achieve your goal. Physical and also mental preparation, the training techniques, tips and tricks to apply before the race...

Basically, everything you need to know to be ready to cross the finish line on race day!

AN INDIVIDUAL SPORT THAT TAKES A VILLAGE

To reach the end of this journey, we always need others! So even if they won't be there at the finish line, this includes your friends, colleagues and family during the preparation stages. With them, you can talk about your motivation, your training... They will be a great source of support throughout this journey.



BELIEVE IN YOURSELF

The road ahead may seem long! You may be wondering about your physical strength or motivation...

But do you know what is most important? Self-confidence! Step by step, day after day, your job is to be motivated to achieve this challenge. And to always keep going forward!

ALWAYS HAPPY TO RUN!

Remember: we are here to enjoy ourselves! Running is a great way to relax, get some fresh air, enjoy nature or even become more zen. Even if you're not a pro, a half-marathon is one of those challenges you just want to take on!



VOCAB LIST

FIRST OF ALL, A FEW USEFUL WORDS AND CONCEPTS

PACE

What is the average time that will take you to run a distance of 1 km? Can you run 10 km in 1 hour? Your average pace is therefore 6 minutes per km.

ANTI-CHAFING CREAM

The blister protection solution! It protects the skin from rubbing on the feet, chest, armpits and groin. With its lubricating effect, it reduces friction and irritation.

INTERVAL TRAINING

A training method which consists in alternating periods of high-intensity exercise (running at higher speeds) with periods of recovery. Interval training allows for greater physiological progression. It is often practiced on an athletics track.

CROSS TRAINING

This is the practice of building other sports into your preparation routine (swimming, cycling, gym...). The goal? To avoid the impact of each stride, give different muscles a workout and protect yourself from certain injuries.

FARTLEK

Swedish word meaning "speed play". An outdoor running exercise that lets you work on your speed and strength by varying your distance and pace.

FINISHER

The Holy Grail! FINISHER are all those who reach the finish line. They are given a medal.

STRESS TEST (OR EXERCISE TEST)

A physical examination in which a doctor monitors your heart's electrical activity on an exercise bike or on a treadmill. Marathoners must get a check-up before the race especially after the age of 40!



VOCAB LIST

JOGGING (OR STEADY RUN)

Low-intensity running to work on your endurance. You should experience less breathlessness and muscle fatigue during a steady run. You must be able to hold a conversation during this type of run.

ENERGY GELS

During intense exercise, swallowing one of these gels provides a fast-acting energy boost. How does it work? Its contents are quickly used by your muscles while you exercise!

GLYCOGEN

This is how your muscles and liver store glucose (sugar): one of the fuels for exercise. These are the reserves that the muscles get some of their energy from!

GENERAL PHYSICAL PREPARATION

Groundwork conditioning stage to develop an athlete's fitness. It works on the parts of training related to strength and coordination.

PB

PB stands for "personal best". This abbreviation is used to talk about your best time recorded over a given distance.

START AREA

To avoid congestion at the start (and at the finish line), runners do not all leave at the same time. The beginning of the race happens in waves, at predefined times.

MAXIMAL AEROBIC SPEED (MAS)

The running velocity at which your oxygen consumption reaches its maximum. On average, you can only last 4 to 8 minutes at this speed continuously!



ADAPT YOUR TRAINING

The priority? Getting to know yourself, and it's not that easy. However, it is only by knowing your potential and your improvement potentials that you can design an effective training programme.

BEGINNER: WILL YOU LAST THE COURSE?

- Get to know yourself and appreciate your potential. As you train, your basic pace, stamina and stride will improve to get you to the finish line.
- Stay humble. Running a long race requires a minimum amount of experience to avoid injuries. There's no need to start from the top: stay in a comfortable pace, and don't think -about the time to enjoy this first try. Stick to your training plan and don't add to it.

CONFIRMED: TAKE MEASURED RISKS

Some tips to avoid failures when it comes to chronometric performance:

- Beating your time dramatically is rare on a half marathon. An improvement of a few seconds may not seem impressive, but it will be a sign of real progress.
- The ideal landmark? Your best time. Start from your personal best over 21,097 km and estimate - while remaining humble and realistic! - your progress margin in order to be able to adapt your training. Don't forget the pace leaders! It is often better to rely on them than to board alone.



WANT TO TACKLE A BIGGER DISTANCE?

Life is made for new challenges! If you've already run a 10km race and want to increase your distance for Riyadh Marathon, here are some key advices to keep in mind.

PERSEVERANCE AND DISCIPLINE

Before your half marathon, prepare a complete training plan to make sure you are ready to start running. Be regular in your efforts: there is no question of skipping a session out of sheer laziness. The ideal way not to get discouraged? Spread out your training throughout the week and progress in stages!

SPEED AND ENDURANCE

Endurance is built on a modest tempo. This means that it is better to start slowly than to go too fast and exhaust yourself after a few hundred meters. With experience, you will find the speed at which running feels natural and comfortable. Getting faster will then come with time.



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SOME TIPS

01 Unity is strength: running in pairs, even in groups, will ensure shared motivation and will prevent you from finding excuses to skip training.

02 Running at least 2 to 3 times a week is necessary to put yourself in the best physical condition to run a half marathon.

03 Adapt your diet for an effort that sometimes exceeds 1h30mins: dinner rich in slow sugars the day before and a balanced snack at the end of the long run.

04 Change your running path regularly so you don't let routine get in the way.

05 Dress according to the weather this is your chance to test your outfit for D-Day.

06 Use energy products to get your body used to this feeding technique.

07 Be patient and progressive: increase your distance in steps.

08 Write down your results every week to evaluate your progress!



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THE MARATHON RUNNER'S WARDROBE

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.

MUSIC

To each their own, but many people like to prepare a playlist of upbeat music for a marathon. It's a great way to give yourself a boost!

HYDRATION BELT

Any self-respecting marathoner's best friend, keeping you hydrated throughout the race! Don't forget to try it during training!



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BEFORE YOU START TRAINING

STEP-BY-STEP TRAINING

You've got 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 weariness, even doubt. Stay as regular as possible in your training: during these few weeks, try not to drop out of any scheduled sessions and keep making progress day after day.

... WITH INCREASING INTENSITY!

Your body will get used to this training pace and will get stronger. It will go farther and farther and endure more and more strenuous exertion. Be careful not to skip any steps though!

For better or worse, you must remain faithful to the training plan set, the distances travelled and the pace to adopt.

3 SESSIONS A WEEK

As you well know, running 21,0975 km is no walk in the park. To prepare yourself, you must alternate at least three runs a week. You should also vary these training sessions!

- Long sessions to work on your pace;
- Short or long interval training sessions;
- Cross training with other sports (swimming, cycling, gym...).



1 HOUR RUN TO STAR WITH

Before you start training, you first need to know your level. To do this, organise an initial test session of 60 minutes of jogging. For this first run, take it easy!



**SLOW JOG
AND WALK
WHEN
NECESSARY IF
YOU CANNOT
RUN THE
WHOLE HOUR.**

The aim is to record the distance travelled. Below 10 km, your efforts must focus on endurance. Above? Learn to hone your skills!



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WATER, A RUNNER'S BEST FRIEND

EVERY DAY

On average, a person should consume at least 35 ml of water per kg of weight every day. Based on this calculation, a person weighing 75 kg should drink at least 2.6 liters of water every day!

DURING TRAINING

During physical exertion, the calculation is different: athletes should consume 500 to 800 ml per hour. For a two-hour session, this means about 1.6 liters of water. Hydrate yourself in small, regular quantities: 3-4 sips every 20-25 minutes for example. Don't drink it all at once!

POST WORKOUT

After exercise, the body continues to lose water to balance its temperature. Again, try to gradually consume nearly three liters of water in the hours following exercise.

As a general rule, you should never wait until you are thirsty. By this point, your body will have already lost 1% of its weight in water and more than 10% of its physical and cognitive abilities!

DRINK!

DURING THE RACE, DON'T
MISS ANY WATER SUPPLY.
EVEN THE FIRST



9 / IDEAL DIET

SO WE CAN GET LEAN, BUT WE SHOULDN'T FORGET TO HAVE SOME PROTEIN



BEFORE THE HALF-MARATHON

Food alone cannot “win” the race. However, it can make you lose it... Optimising your nutrition reduces the risk of injury: inflammation such as tendinitis and muscle damage (sprains, tears) or bone damage (stress fractures).

Before the competition, test during a long run (more than two hours and under half-marathon conditions) the best hydration and nutrition strategy for you. The same goes for solid foods present at drink stations (dried fruits, gingerbread, bananas, oranges): remember to test them before the day to see how your body responds. Tip: you have to chew them!

Three days before the half-marathon, stock up on carbohydrates, fats and proteins to optimise glycogen storage

RACE DAY

It is crucial to plan the time of your last meal according to the start time of the half marathon. Ideally, you should always consume your source of carbohydrate (gel, chew, fruit purée) with water so that your body can absorb it better.

But don't go over the top: overconsumption can speed up digestive transit and cause reactive hypoglycemia...

Most importantly, do not limit your water consumption before the start: get your body ready for what is to come! During the race, water at room temperature is best. If it is served too cold, you can always keep it in your mouth for a few seconds to avoid stomach upset.

AFTER THE HALF-MARATHON

Half an hour after the race, your body is already starting to recover.

It replenishes its energy reserves and rebuilds damaged muscle fibers. To optimise recovery, drink mineral-rich waters and choose easily digestible high-energy foods. Watch out for muscle wasting!

Slimming down is great. But not at the expense of muscle mass! The body's metabolic fuel (glycogen) is mainly stored in the muscles. Without muscle mass, it is impossible to endure sustained exertion...



TARGET: LEAN AND MEAN!

To help you balance your diet, here is a chart for you to use as a guide during your preparation.

The principle is simple: try to tick all the boxes during your training! To begin with, tick all the statements that correspond to your current habits. If you set yourself four to five new goals each month, you should be close to 100% as you reach your sporting goal!

| | |
|--|-------------------------------------|
| HYDRATION | <input checked="" type="checkbox"/> |
| DRINK AT LEAST TWO LITERS OF WATER EVERY DAY + 500 ML PER HOUR OF SPORT. | <input type="checkbox"/> |
| NO MORE SUGARY DRINKS (FIZZY DRINKS, SWEETENED HOT DRINKS FROM THE VENDING MACHINE, FRUIT JUICE, SQUASH). | <input type="checkbox"/> |
| CUT DOWN ON SPARKLING WATER AS IT CONTAINS SALT (EXCEPT AFTER A SESSION LASTING MORE THAN 1.5 HOURS). | <input type="checkbox"/> |
| EVERY DAY | <input checked="" type="checkbox"/> |
| NEVER SKIP THE THREE MAIN MEALS. | <input type="checkbox"/> |
| IF YOU NEED A SNACK, EAT THE PORTION OF FRUIT INITIALLY PLANNED FOR THE FOLLOWING MEAL. | <input type="checkbox"/> |
| MEALS SHOULD LAST AT LEAST 20 MINUTES: THE TIME NEEDED TO FEEL FULL INCLUDE A STARTER (E.G. SOUP). | <input type="checkbox"/> |
| GRAIN | <input checked="" type="checkbox"/> |
| EAT MOSTLY WHOLE GRAINS: PASTA, RICE, BULGUR, WHEAT/WHOLEMEAL/ SOURDOUGH/GRANARY BREAD. | <input type="checkbox"/> |
| IN THE EVENING, CONSUME HALF THE QUANTITY OF GRAINS (UNLESS IT IS THE NIGHT BEFORE A SESSION LASTING MORE THAN 1.5 HOURS) YOUR PLATE SHOULD ALWAYS CONTAIN MORE VEGETABLES THAN STARCHY FOODS. | <input type="checkbox"/> |
| DO NOT COMBINE BREAD AND STARCHY FOODS IN THE SAME MEAL. ALWAYS KEEP A GRAIN PRODUCT, AS THESE ARE REAL SOURCES OF FUEL. | <input type="checkbox"/> |
| EVEN AT BREAKFAST, AVOID THINGS LIKE CRACKERS AND BISCUITS AS THEY DO NOT KEEP YOU FULL FOR LONG. | <input type="checkbox"/> |
| CHOOSE SUGAR-FREE MÜESLI (WITH NUTS AND DRIED FRUITS OR CHOCOLATE CHIPS) RATHER THAN SWEETENED, PROCESSED, SHAPED OR EXTRUDED CEREALS. | <input type="checkbox"/> |
| BALANCED MEALS | <input checked="" type="checkbox"/> |
| TO MAINTAIN MUSCLE MASS, EAT A SOURCE OF PROTEIN AT EVERY MEAL: PULSES (LENTILS, KIDNEY BEANS, CHICKPEAS), QUINOA, TOFU... | <input type="checkbox"/> |
| EAT YOUR FRUITS AND VEGETABLES RAW, TO GET THE HIGHEST CONCENTRATIONS OF VITAMINS AND ANTIOXIDANTS. | <input type="checkbox"/> |
| ADD A STARTER OF RAW VEGETABLES IF YOUR MAIN COURSE DOES NOT CONTAIN ANY VEGETABLES. | <input type="checkbox"/> |
| CONSUME A PRODUCT RICH IN CALCIUM (ALMONDS, TOFU, SPINACH, BEANS, FRUITS) WITH EVERY MEAL (THREE TIMES A DAY). IDEALLY, MOVE IT TO BEING A POST-WORKOUT SNACK. | <input type="checkbox"/> |
| EAT A PORTION OF FRESH FRUIT WITH EVERY MEAL (SO THREE TIMES A DAY). ALTERNATIVELY, HAVE SOME COOKED FRUIT JUST BEFORE TRAINING. | <input type="checkbox"/> |
| REPLACE THE CREAM, BUTTER AND FRYING OIL IN YOUR MAIN MEALS WITH A TABLESPOON OF OIL (RAPESEED OR OLIVE) PER MEAL. | <input type="checkbox"/> |



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THE ABC'S OF PHYSICAL PREPARATION



BUILD A SOLID FOUNDATION

It takes six to eight weeks to properly prepare for a half-marathon. It starts with controlled sessions, alternating jogging and slow jog for at least 1h15.

General Physical Preparation (GPP) is the first phase of any training. It helps you to get physically and mentally prepared to push harder and harder!

GPP includes strength training of the leg muscles and abs.

KEEP YOUR DISTANCE

Long runs are the main event of your week. Practice for your upcoming half-marathon ! But don't just try to wing it, we have some tips for you on how to optimise this key session.

- Run on a measured course to accurately calculate the distance

travelled. To allow yourself to be fully focused without fear of injury, choose a flat course with a good surface;

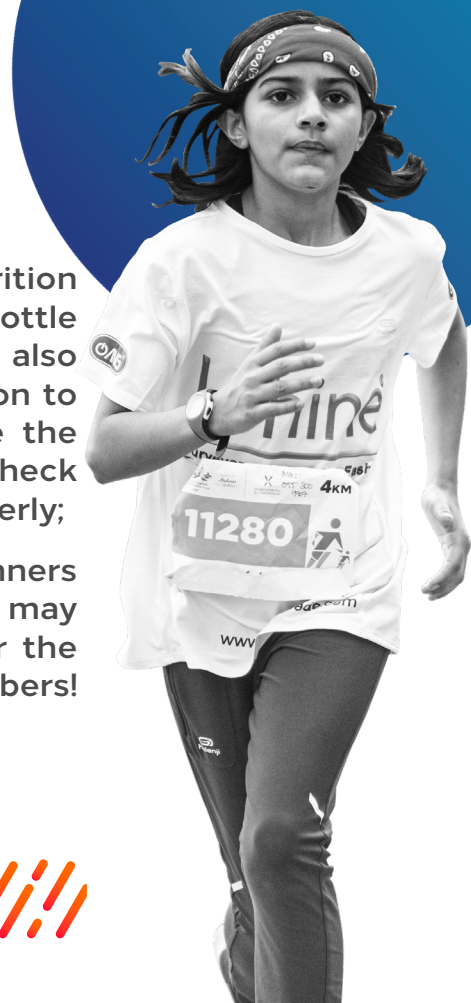
THE LONG RUN

It helps your body learn how to keep going for longer. Its purpose is to prepare you to run for more than two hours. To succeed?

Set aside plenty of time at the weekends. You can even ask friends at a similar level to join your session!

Test your hydration and nutrition strategy by wearing your bottle belt, for example. You can also take advantage of this session to test out energy gels before the day and most importantly check that you absorb them properly;

- Surround yourself with runners at the same level as you who may or may not be preparing for the same race. Strength in numbers!



12 / THE RIGHT PACE

FIND YOUR TARGET PACE...

The half-marathon is a matter of keeping regular. On race day, you should be running more than 20 km without changing pace! Training helps you to memorise this ideal speed, a compromise between performance and energy. Faster than recovery runs, the half-marathon pace should not require a great deal of effort. The stride should be long and smooth. Shortness of breath should remain moderate.

... AND STICK TO IT ON RACE DAY

The morning of the race, you will of course be running in a whole new set of conditions. If you can't get into your pace, do not panic! Listen to your breathing and muscle pain (stitches, for example). Remain focused on your goal: no more, no less!

CAN YOU RUN AND TALK AT THE SAME TIME?

You will know if you have found your target pace if you can hold a conversation as you run, and by conversation, we mean talking out loud in "real sentences"! If this is not the case, and you are short of breath, then you need to reduce your speed.





FROM STRENGTH TO STRENGTH

8 WEEKS TO GO

The half-marathon is fast approaching! Now you must incorporate some focused workouts into your program with interval training sessions. The goal? Experience new high speeds while improving your running economy. It's important to be able to run for longer and longer at a steady pace without any weaknesses.

BE “PROGRESSIVE”

Throughout your training, it is important to be completely progressive in terms of the duration of exercise. Why? Because it's the best way to get your body used to tolerating stress and therefore reduce the risk of injury. If you begin to experience any pain or discomfort, do not hesitate to cut a long session short.

Each week, increase the exercise time by 10 to 15%. Don't worry if you struggle to follow this rule. It's important to know when a plateau has been reached and to give your body time to recover before you throw yourself into a more ambitious exercise time and mileage schedule.



THE INTERVAL TRAINING SESSION

A training session with a repetition of exercises over several distances, at different intensities, with calibrated recovery times. In other words, a well organised workout that alternates the rhythms of running between periods of exertion and others of recovery.

It helps improve cardiovascular fitness, the efficiency of your technique and your running economy. It is therefore a must for half-marathon training that forces you to get out of your comfort zone and to remember your pace!



KEEP YOUR MOTIVATION

THE CONCEPT OF REBOUND

Training more and more does not necessarily mean that you will improve with each session. There is a limit for each runner beyond which the work is no longer productive. Don't wait until you see signs of overwork or overtraining to allow yourself complete days of rest or even whole weeks of a reduced program (usually one per month).

WHEN YOUR HEAD DECIDES, YOUR LEGS WILL FOLLOW

No mystery or secret: during the race, you go from the pure physical to the mental when the kilometers get longer. Make sure you get enough food and take the time you need to do so. You're not alone in your efforts: everyone has a hard time finishing. To make it easier for you, mentally divide the distance into small portions rather than considering it as a whole.

TRUST YOURSELF

Periods of doubt are normal in the months of a half marathon preparation. It is natural and it is especially there that your loved ones will be essential: they believe in you and your abilities. So repeat yourself: "Yes, I can do it!"



15/



MAKE PROGRESS: 4 SIMPLE INTERVAL SESSIONS

THE 30/30

This is the most basic interval training technique. It consists of a repetition of sets: 30 seconds fast, 30 seconds slow (slow jog rather than walking), with the advantage of being possible on all types of terrain. Beginners should try to achieve a first set of 10 repetitions of 30/30 before thinking about intervals over longer durations (and therefore distances).

10 X 400 M

This classic interval training session requires good management of repetitions. Run 400 m fast then jog 200 m and start again. Make sure you keep the same pace, both in the 400 m of intense exercise and in the 200 m of recovery.

3 X 10 MINUTES

This is a long interval training session. This type of workout, run at a pace that might be close to the speed at which you could run 10 km in a competition, teaches you to master a higher speed than that used during endurance sessions and thus be able to last at a high level of intensity. Recovery is at least three minutes of slow jogging. Take care, if you are too tired or short of breath, it is best to slow down or even cut the session short.

6 X 1.000 M

A demanding set that requires a minimum of experience. It can be split into two separate blocks (2 x 3 x 1,000 m) with a recovery period of 2 minutes between each 1,000 m, and 4 minutes between the two blocks. To save the energy that will enable you to get to the end of the set, don't push yourself too hard during the first three sets. Do not be surprised if you find it hard: everyone finds it hard!



12/ 14 DAYS TO GO:

KEEP CALM & CARRY ON

TWO WEEKS BEFORE RACE DAY

It's time to taper your training volume, especially for the long run. We are on the home stretch, recovery is key!

These are your last long runs, so your last opportunities to test the shoes you intend to wear on the day of the race one last time.

KNOW YOURSELF

The half-marathon is an endurance trial that requires you to manage your energy well. As such, the long run is invaluable because it forces you to constantly listen to what your body is telling you and to save energy so that you don't run out of fuel.

DON'T OVER DO IT!

LOSS OF APPETITE? LETHARGIC? RECURRING CRAMPS, MUSCLE ACHES AND MUSCLE SORENESS? HEART RATE HIGHER THAN NORMAL (EVEN RESTING)? IT'S TIME TO TAKE A BREAK. CONSIDER VISITING YOUR GP FOR A CHECK-UP. DON'T LET YOUR FIRST HALF-MARATHON SPOIL THE PLEASURE YOU TAKE IN RUNNING!



RACE DAY ON YOUR MARKS

01



A BALANCED BREAKFAST

Stick to your good eating habits; don't go over the top! Nothing too complicated, energy reserves

04



RIGHT ON TIME

At least 20 minutes before the start time, go to the start area defined according to your target time, and warm up to music.

02



TAKE CARE OF YOUR SENSITIVE AREAS!

Protect sensitive areas of your body where friction can cause skin irritation. Stick plasters on your skin at friction points with your clothing and runners. Apply a thick layer of anti-chafing cream to skin folds and areas where the skin can be irritated by prolonged friction while you are running. You don't want to damage those delicate parts of your skin!

05



HAPPY AND POSITIVE!

Don't forget, we are also here to enjoy ourselves! In a few hours you will be a finisher.

03



DOUBLE OR TRIPLE KNOT

Tighten your laces, of course, but not too tight because your feet swell during exercise. Whether you tie a double or triple knot is up to you.

BREAKFAST

AVOID

- Too much coffee or fruity juice;
- Ready meals;
- Fatty food;
- Large portions of sweetened cereal;
- Poorly tolerated dairy products.

INSTEAD OPT FOR

- Energy bars;
- Wholemeal bread;
- Plain muesli;
- Green tea;
- Water.

TRAINING PLAN

8 WEEKS HALF-MARATHON

| WEEK | 1 | WEEK | 2 | WEEK | 3 | WEEK | 4 |
|---|--|---|--|------|---|------|---|
| SESSION 1 Jog for 50 minutes, breathing comfortably | SESSION 1 Jog for 50 minutes, breathing comfortably | SESSION 1 Jog for 50 minutes, breathing comfortably | SESSION 1 Jog for 50 minutes, breathing comfortably | | | | |
| SESSION 2 INTERVALS Warm up for 30 minutes 4 x 2 min at moderate intensity Recovery = 2 minutes slow jog Cool down 10 minutes | SESSION 2 INTERVALS Warm up for 30 minutes 4 x 3 min at moderate intensity Recovery = 2 minutes slow jog Cool down 10 minutes | SESSION 2 INTERVALS Warm up for 30 minutes 3 x 5 min at moderate intensity Recovery = 2 minutes slow jog Cool down 10 minutes | SESSION 2 INTERVALS Warm up for 30 minutes 6x 1 min at moderate intensity Recovery = 2 minutes slow jog Cool down 10 minutes | | | | |
| SESSION 3 LONG RUN 1h20 , breathing comfortably | SESSION 3 LONG RUN 1h30 , breathing comfortably | SESSION 3 LONG RUN 1h40 , breathing comfortably | SESSION 3 LONG RUN 1h10 , breathing comfortably | | | | |
| COACH'S TIP If you are breathing comfortably, you should be able to hold a conversation while running. The training is low intensity. Interval training is more intense but the pace must remain balanced and controlled and you should be only moderately out of breath. | COACH'S TIP To get your body used to functioning on low energy reserves, session 1 can be done on an empty stomach. Remember to still take something to eat with you in case of hypoglycemia during exercise | COACH'S TIP Use the long runs as an opportunity to test the equipment you want to use during the race. Also remember to test your nutrition strategy (energy gels for example). | COACH'S TIP For interval training, it is important not to be short of breath the workout is intense but must remain under control! As usual, the distance travelled at each stage must be more or less the same. | | | | |



TRAINING PLAN

8 WEEKS HALF-MARATHON

WEEK

5

SESSION 1

Jog for 50 minutes, breathing comfortably

SESSION 2

INTERVALS

Warm up for **30 minutes**
5 minutes / 4 minutes
3 minutes / 2 minutes
/ 1 minute at moderate intensity
Recovery = slow jog for half of the exercise time
Cool down 10 minutes

SESSION 3

LONG RUN

1h45, breathing comfortably

COACH'S TIP

We are starting the most intense weeks of the plan, keep up the good work, for effective recovery, remember to eat and drink well between sessions. Sleep quality is also very important.

WEEK

6

SESSION 1

Jog for 50 minutes, breathing comfortably

SESSION 2

INTERVALS

Warm up for **30 minutes**
3 x 6 min at moderate intensity
Recovery = 3 minutes slow jog
Cool down 10 minutes

SESSION 3

LONG RUN

1h30, breathing comfortably

COACH'S TIP

Go on your long runs with something to drink, to get used to drinking while you exercise and to avoid cramps. Drink small, regular quantities.

WEEK

7

SESSION 1

Jog for 50 minutes, breathing comfortably

SESSION 2

INTERVALS

Warm up for **30 minutes**
2 minutes / 4 minutes
6 minutes / 4 minutes / 2 minutes at moderate intensity
Recovery = slow jog for half of the exercise time
Cool down 10 minutes

SESSION 3

LONG RUN

1h15, breathing comfortably

COACH'S TIP

You are almost there. Remember to warm up properly before each training session and stretch afterwards. It's important to avoid injuries so close to the race. Stay hydrated during and after your sessions to prevent cramps.

WEEK

8

SESSION 1

Jog & run strides for **30 minutes**, breathing comfortably
5 x 20 second gradual acceleration strides
Recovery: walk back to the starting point

SESSION 2

DAY BEFORE THE RACE

Warm up for **20 minutes**
3 x 20 second gradual acceleration strides
Recovery = walk back to the starting point

SESSION 3

HALF-MARATHON COMPETITION

COACH'S TIP

The time has come! During the race, do not set off too fast to avoid a difficult end to the race. The HALF-MARATHON really begins from the 10th Km. And above all, enjoy yourself!

Training plan designed for novice runners, not used to intervals or technical concepts of running training and embarking for the first time on the half-marathon distance. The first essential precaution to take before you begin training is to make an appointment with a sports doctor and do an exercise stress test.



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



**ماراثون الرياض
RIYADH MARATHON**

**GOOD LUCK WITH YOUR
PREPARATION!**