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# TRAINING GUIDE FOR RUNNING A



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المملكة العربية السعودية  
KINGDOM OF SAUDI ARABIA



# welcome to your 10KM journey!

## Take on your first big leap

The 10KM is the perfect distance for beginners or experienced runners who want to challenge themselves.

If you've already completed a 4KM marathon during the past years, then this challenge is undoubtedly yours! The best way to succeed in it is to enjoy it with friends and family, where you train together and support each other until the finish line.

We're excited to see you at the starting line on February 8th. This guide will provide you with essential tips to help you prepare and get the most out of your training experience.

# The benefits of running

Running is a gateway to a healthier, happier, and more vibrant life.

## Physical benefit

Running is a full-body practice that strengthens your heart, muscles, boosts your circulation and enhances endurance.

## Mental benefit

When you run, something magical happens: your mind clears, stress fades, and you become more calm and focused.

## Reconnect with the world

Running gives you a chance to reconnect with yourself, others and nature. Unplug from the noise and recharge your spirit.

## The power of achievement

Every run, whether it's a quick jog or a long-distance challenge, is an accomplishment worth celebrating. Running teaches us resilience, commitment, and the joy of pushing past limits.

# Running is a form of selfcare







# Lifestyle

## Small changes, big rewards!

**You're closer to your goal than what you think!**

### **Fun fact**

The average person walks around 6,000 to 7,000 steps a day—that's almost halfway to completing a 10KM! All that's left is a little training.

### **Stay active**

Maintain an active routine lifestyle. Simple changes like taking the stairs, going for a walk, parking further, or moving more throughout the day can make a big difference. You don't need to overhaul your lifestyle to get ready; just tweak it!

### **Fuel your body**

Think of nutrition and sleep as your secret weapons. A vibrant, balanced meal gives you energy to power your days, while hydration keeps you sharp and focused. Don't underestimate the power of quality sleep—it's your body's way of resetting, recharging, and preparing to conquer any challenge.

### **Make it a team journey**

Training doesn't have to be a solo mission! Involve family and friends, and preparations will turn into fun shared memories.

### **Inspire your loved ones**

Taking part in the 10KM is a chance to inspire those around you. Your determination and motivation will be the best reason for them to join you.

**Your achievement is just around the corner**



# What you'll need on race day

## **Footwear**

Comfortable shoes are essential! Make sure your shoes fit properly and feel comfortable. Try them during your training, and avoid wearing brand-new shoes on race day to prevent discomfort.

## **Outfit**

Choose clothing that makes you feel comfortable, every piece you wear matters, from socks to caps. When it comes to t-shirts, don't worry we've got you covered with a Riyadh Marathon t-shirt included in your race kit!

## **Hydration belt**

A hydration belt is a runner's best friend, helping you stay hydrated throughout the race. Be sure to try it out during your training.

## **Food and water**

We've set up refreshment stations along the tracks to keep you hydrated. Feel free to bring your own snacks, such as fruit, or protein bars, to fuel your journey.

## **Race bib**

Your race bib is your entry pass to the event. Be sure to collect it in advance and wear it on race day!

## **Music**

A good playlist can boost your energy and feel invincible. That's exactly why music and cheers will follow along the road!





# Preparation

**Whether you run or walk, you'll be a hero!**

## **Step-by-step training**

A 10KM race is a real challenge but still possible if you train properly and take it seriously. Consistency is the secret to success!

## **Find your pace**

You should be able to hold a conversation while running. If you find yourself out of breath, it is a sign to slow down. There is no need to rush; you should enjoy running and stay motivated when you find the pace that works best for you.

## **Slow jog & power walk when needed**

If you cannot run the entire time, incorporate slow jogging and power walking.

# 8 weeks 10km

# training plan

## Week 1

### SESSION 1 (Split Run)

- Warm up: 20 minutes of endurance running.
- Perform 8 to 10 sets of 20-second fast runs followed by 20-second slow runs. Cool down for 10 minutes.

### SESSION 2 (Jogging)

- 40 minutes of endurance running at a slow pace.

## Week 3

### SESSION 1 (Split Run)

- Warm up: 20 minutes of endurance running.
- Perform 8 to 10 sets of 40-second fast runs followed by 40-second slow runs. Cool down for 10 minutes.

### SESSION 2 (Jogging)

- 50 minutes of endurance running at a slow pace.

## Week 5

### SESSION 1 (Split Run)

- Warm up: 20 minutes of endurance running.
- Perform 7 sets of 1-minute fast runs followed by 1-minute slow runs. Cool down for 10 minutes.

### SESSION 2 (Jogging)

- 55 minutes of endurance running at a slow pace.

## Week 7

### SESSION 1 (Split Run)

- Warm up: 20 minutes of endurance running.
- Perform 5 sets of 1 minute and 30-second fast runs followed by 1 minute and 30-second slow runs.

### SESSION 2 (Jogging)

- 25 minutes of power walking or slow jogging.

## Week 2

### SESSION 1 (Split Run)

- Warm up: 20 minutes of endurance running.
- Perform 8 to 10 sets of 30-second fast runs followed by 30-second slow runs. Cool down for 10 minutes.

### SESSION 2 (Jogging)

- 45 minutes of endurance running at a slow pace.

## Week 4

### SESSION 1 (Split Run)

- Warm up: 20 minutes of endurance running.
- Perform 8 sets of 50-second fast runs followed by 50-second slow runs. Cool down for 10 minutes.

### SESSION 2 (Jogging)

- Preparatory race on a 5 or 7 km course.

## Week 6

### SESSION 1 (Split Run)

- Warm up: 20 minutes of endurance running.
- Perform 6 sets of 1 minute and 15-second fast runs followed by 1 minute and 15-second slow runs.

### SESSION 2 (Jogging)

- 1 hour of endurance running at a comfortable pace.

## Week 8

### SESSION 1 (Split Run)

- Warm up: 20 minutes of endurance running.
- Perform 8 sets of 30-second fast runs followed by 30-second slow runs. Cool down for 10 minutes.

### SESSION 2 (Jogging)

- Complete your first 10km race in approximately 1 hour.

## Coach's advice

When jogging, maintain a low intensity and ensure the pace is comfortable. You should be able to hold a conversation while jogging. For split sessions, start at a moderate pace and gradually increase your speed. Always cool down at a slow pace to avoid strain. This is not a sprint, so focus on achieving the same distance with each acceleration.

**It's all about  
enjoying the moment!**

Download SFA's official app for more information about the event and the training group sessions

