

TRAINING GUIDE FOR RUNNING A





Moving has never been that
fun before!

Move, play and cheer!

The 4KM distance is not just a race but a festival to enjoy with your friends and family! Whether running, jogging, or walking hand-in-hand, it's your chance to share laughter, smiles, and a shared sense of achievement.

Enjoy the track as music and cheers fill the air, all the way to the finish line! From the start to the finish, you'll feel the buzz of community engagement, leaving you wanting more!

The Riyadh Marathon warmly welcomes participants of all ages and fitness levels. Join us to celebrate health, happiness, and community like never before!

Join with your kid: The track is open and designed for all ages under parental supervision.

Don't change your routine just tweak it!

You've already started training without realizing!

Fun fact

The average walking speed for an adult is 3 to 5 km per hour. You're closer to the 4KM goal than you think, and the mental boost you gain is priceless!

Stay active, the first step of a healthier life

Training ensures you're fully enjoying the experience, but small changes in your routine can also make a huge difference in your lifestyle, like taking the stairs instead of the elevator, parking your car a little further, and making movement part of your day.

Include your family: it's not about training, but playing, having fun, and creating a unique connection.

Nutrition and sleep: your superpowers

Good nutrition, hydration, and a good-night's sleep are the foundation for a healthier, happier you. A colorful, balanced plate will fuel your body and lift your spirit too. While staying hydrated keeps your energy high, and proper rest helps you recharge.

Include your family: make healthy living a family project! By sharing vibrant meals and active playtime, you're not just preparing for race day—you're setting your child on a path toward lifelong wellness.

Train with Family & Friends

Sharing these moments adds joy and meaning to every step. On race day, crossing the finish line together will be an unforgettable achievement!

Include your family: do we really need to list the benefits again?

Sharing is caring invite and inspire



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!

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!

Stroller

Even the youngest of us are welcome and can register to join the 4KM track. Come with a stroller if you need one and enjoy this amazing journey together!

Music

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

Food and water

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



Preparation

Walking or running, set your goal!

Step-by-step training

Consistency is the secret to success! Throughout your training, you'll feel moments of excitement and joy, as well as times of fatigue. But don't worry, you can rest and jog every once in a while until you reach the finish line! The 4KM is all about fun and new starts.

Join with your family: make training fun! Get outside and enjoy playful activities together.

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.

6 weeks 4KM

training plan

Week 1

SESSION 1 (Split Run)

- Warm-up with 10 minutes of walking or slow running.
- Complete 4 sets of 15-second fast runs, followed by 15-second slow runs. Cool down for 5 minutes.

SESSION 2 (Jogging)

- 10 minutes of power walking or slow running.

Week 3

SESSION 1 (Split Run)

- Warm-up with 10 minutes of walking or slow running.
- Complete 4 sets of 30-second fast runs, followed by 30-second slow runs. Cool down for 5 minutes.

SESSION 2 (Jogging)

- 20 minutes of power walking or slow running.

Week 5

SESSION 1 (Split Run)

- Warm-up with 10 minutes of walking or slow running.
- Complete 4 sets of 45-second fast runs, followed by 45-second slow runs. Cool down for 5 minutes.

SESSION 2 (Jogging)

- 20 minutes of power walking or slow running.

Week 2

SESSION 1 (Split Run)

- Warm-up with 10 minutes of walking or slow running.
- Complete 4 sets of 20-second fast runs, followed by 20-second slow runs. Cool down for 5 minutes.

SESSION 2 (Jogging)

- 15 minutes of power walking or slow running.

Week 4

SESSION 1 (Split Run)

- Warm-up with 10 minutes of walking or slow running.
- Complete 4 sets of 40-second fast runs, followed by 40-second slow runs. Cool down for 5 minutes.

SESSION 2 (Jogging)

- 25 minutes of power walking or slow running.

Week 6

SESSION 1 (Split Run)

- Warm-up with 10 minutes of walking or slow running.
- Complete 4 sets of 30-second fast runs, followed by 30-second slow runs. Cool down for 5 minutes.

SESSION 2 (Jogging)

- Complete your first 4KM run.

When your legs get tired, your running partner is there to support you.

Coach's advice

Focus on keeping a steady pace that feels good for you, where you can still talk while running. During the split sessions, start at a comfortable pace and increase your speed gradually. The key is consistency—this isn't a sprint. Celebrate every step and improvement.

It's all about enjoying the moment!

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

