

RIYADH MARATHON TRAINING GUIDE



10 KM



RIYADH
MARATHON
ماراثون الرياض
مقدم من
الأول
SAB



وزارة الرياضة
Ministry of Sport

رؤية
2030
المملكة العربية السعودية
KINGDOM OF SAUDI ARABIA

If you've already completed a shorter distance in previous years, this is your next

BIG CHALLENGE

The 10KM is best enjoyed with friends and family, train together and support each other until the finish line

This race is all about balance: the perfect mix of challenge, fun, and personal growth.

Whether it's your first official 10 KM or you're chasing a personal best, this guide is designed to help you arrive at the start line confident, prepared, and injury-free.

The Riyadh Marathon stands for more than just running — it's a symbol of health, unity, and determination in the Kingdom. Every runner plays a role in growing our active community and shaping a healthier future for Saudi Arabia.



HOW TO USE THIS GUIDE

THIS TRAINING GUIDE IS DESIGNED TO HELP YOU PREPARE SAFELY AND CONFIDENTLY FOR THE RIYADH MARATHON 10 KM.

Follow the plan week by week – don't rush.



Choose your track: Beginner (run-walk or steady) or Intermediate (steady continuous run).



Missed a session? No problem – resume from where you stopped.



Listen to your body; rest when you feel fatigue or soreness.



Train early morning or after sunset to avoid heat.

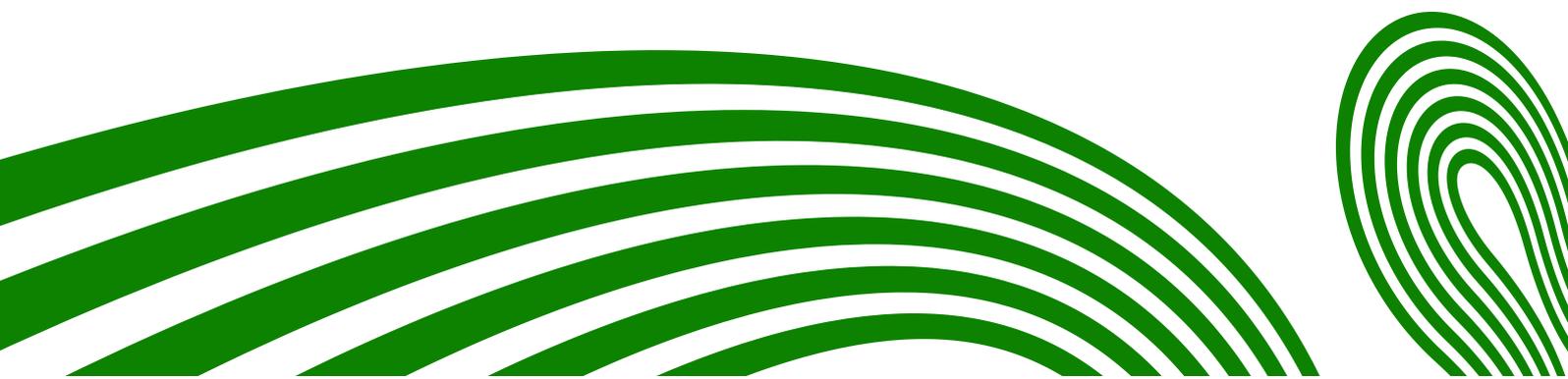


Tick off each week – progress is built, not forced.



REMEMBER

The journey is more important than the finish time.
Each kilometer brings you closer to your goal.



TOP TIPS FOR FIRST-TIME 10 KM RUNNERS



PACE YOURSELF EARLY:

The first kilometers should feel comfortable — not fast. Save your energy for the second half of the race. Finishing strong feels better than starting fast and fading early.

RESPECT RECOVERY

Rest days are part of training. They allow your muscles to adapt and grow stronger. Stretch, foam roll, or take a gentle walk on recovery days.

PREPARE MENTALLY

Visualize your race — the route, your pace, your finish. When training gets tough, remember why you started. Every step builds resilience.

ENJOY THE JOURNEY

Your first 10 KM is a milestone — not a test. Celebrate every run, every improvement, and every lesson along the way. You'll never forget the feeling of crossing that finish line.

HYDRATION IS KEY

Start hydrating the day before your run. Drink small sips regularly rather than large amounts at once. In Riyadh's climate, electrolytes are essential for balance — especially during longer training sessions.

TRAIN IN TESTED GEAR

Never wear new shoes or clothing on race day. Use training weeks to test what works best — socks, shorts, even your breakfast.

DON'T COMPARE YOURSELF TO OTHERS

Everyone runs their own race. Focus on your rhythm, your breathing, and your goals. The only race that matters is the one against your limits.

FUEL SMART

Eat light, familiar foods before your runs — a banana, oats, or toast with honey are great options. Avoid heavy or spicy meals before training or race day.

TRAIN SMART FOR THE WEATHER

Run early morning or after sunset. Avoid midday heat and always protect yourself with light, breathable clothing and sunscreen.

JOIN A RUNNING GROUP

Training with others keeps you motivated, accountable, and makes the experience fun. Check out SFA community runs or Riyadh Marathon training sessions near you.

10KM TRAINING PLAN OVERVIEW

DURATION

12 weeks

SESSIONS PER WEEK

4 (3 runs
+ 1 strength-
cross-training)

LEVELS

Beginner &
Intermediate

DAY

Focus

Sunday

Rest / Mobility

Monday

Easy Run

Tuesday

Quality Run
(Tempo / Intervals)

Wednesday

Strength
/ Cross-Training

Thursday

Rest

Friday

Long Run

Saturday

Rest

Adaptations for the hot climate (early morning / late evening runs)
Weekly progression builds endurance gradually, with a taper in the final 2 weeks.

10 KM TRAINING PLAN



WEEK	Easy / Recovery Run	Session 2 (Add 15 min for both Warm Up + Cool Down)	Strength / CrossFit	Long Run	Focus
1	25 min (B) / 30 min (I)	4 sets of 1 min hard + 2 min easy run	Core & legs (Squats, Plank, Glute bridge)	4 km (B) / 6 km (I)	Start slow – consistency first
2	30 / 35 min Easy run	5x1 min hard + 90 sec jog	Glutes + core (Lunges, Step-ups, Side plank)	5 / 7 km	Establish rhythm & recovery
3	35 min Easy run	15 min tempo (B) / 20 min tempo (I)	Core + balance work	5 / 8 km	Focus on breathing & pacing
4	35 min Easy run	6 sets of 90 sec hard / 90 sec jog	Plyometrics (Jump squats, Push-ups)	6 / 8 km	Strengthen stride & control
5	40 min Easy run	3 sets of 4 min tempo / 2 min jog	Lower-body (Step-ups, Hip thrusts)	7 / 9 km	Increase endurance & core control
6	40 min Easy run	4 sets of 2 min hard + 3x1 min fast	Glutes + core	8 / 9 km	Mid-plan check – fuel & hydrate
7	40 min Easy run	20 min tempo (B) / 25 min tempo (I)	Strength endurance (light weights)	8 / 9 km	Endurance + strength combo
8	45 min Easy run	6 sets of 2 min hard + 90 sec easy	Functional CrossFit (Box jumps, Row, Sit-ups)	8 / 10 km	Longest long run – simulate race pace
9	40 min Easy run	3 sets of 5 min tempo / 2 min jog	Mobility + core	7 / 9 km	Begin taper – reduce intensity
10	35 min Easy run	4 sets of 90 sec hard	Stability & core	6 / 8 km	Focus on relaxation & form
11	30 min Easy run	15 min tempo	Core + stretching	5 / 7 km	Sharpen pace, rest more
12	20 min EZ + strides	10 min light run	– (Rest week)	Race Day: 10 KM	Enjoy your run – trust your training!

Easy Run: Relaxed pace, can talk comfortably.
Tempo Run: Slightly challenging, controlled breathing.
Intervals: Fast bursts with recovery periods.
Long Run: Slower pace, builds endurance

B = BEGINNER TRACK
I = INTERMEDIATE TRACK

STRENGTH & RECOVERY

Strength and recovery sessions are essential to enhance your performance and protect your body from injuries.

Frequency: Once per week (Thursday or any non-running day)
Duration: 25–40 minutes.

SUGGESTED ROUTINE:

- 2 sets of 12 Squats
- 2 sets of 12 Lunges (each leg)
- 3 sets of 15 Glute Bridges
- 2 sets of 20 sec Planks
- 15 Calf Raises
- 5 min Mobility

RECOVERY TIPS:

- Stretch for 10–15 minutes after each run.
- Hydrate and eat a balanced snack post-workout.
- Sleep 7–8 hours for optimal





DAILY NUTRITION

Balanced Plate:

55-65% CARBO- HYDRATES

main source of running energy.
Examples: rice, bread, oats, fruits, potatoes.

15-20% PROTEIN

muscle repair and recovery.
Examples: eggs, yogurt, chicken, fish, beans.

20-30% HEALTHY FATS

long-term fuel.
Examples: olive oil, nuts, seeds, avocado.

BEFORE RUNS:

Choose light, easy-to-digest carbs with a bit of protein. Example: oatmeal with banana, or whole-grain toast with nut butter.

Eat 2-3 hours before your run to avoid stomach discomfort.

If running early morning, have a light snack 30-45 minutes before (1 banana or 2 dates).

AFTER RUNS:

-Eat within 30 minutes to help recovery.

-Combine carbs and protein — for example: chocolate milk, dates + yogurt, or a tuna sandwich.

DURING LONG RUNS (OVER 75-60 MINUTES):

-Practice fueling.

-Take 30-60 grams of carbohydrates per hour (sports gel, energy chew, or 2-3 dates).

-Sip small amounts of water regularly to avoid losing more than 2% of body weight.

PRE-RACE & RACE-DAY NUTRITION

NIGHT BEFORE

Have a normal, carb-rich dinner with some protein. Example: rice or pasta with grilled chicken or fish. Avoid new, heavy, or spicy foods.

RACE MORNING (2-3 HOURS BEFORE START):

Eat light and familiar foods. Example: oats with banana, or toast with honey. Aim for 1-3 grams of carbs per kilogram of body weight. Drink 400-500 ml of water 1-2 hours before the race.

DURING THE RACE

For most runners, water is enough. If you'll be running more than 70-80 minutes, take small sips of water at each station and a small energy gel or 1-2 dates halfway through.

AFTER THE RACE

Drink water or electrolyte mix. Eat a small meal or snack rich in carbs and protein within 30 minutes. Keep walking and stretching to help your body recover.





LOCAL CLIMATE & RACE-DAY CONSIDERATIONS (KSA)

**RUNNING IN SAUDI ARABIA'S CLIMATE
REQUIRES EXTRA CARE FOR HYDRATION:**

Train early morning or after sunset to avoid the heat.

Increase electrolyte intake during hot weeks

Always test your hydration and fuel strategy during training – never try something new on race day.

Avoid high-fibre and fatty meals the night before or on race morning to prevent stomach discomfort.

FINAL WEEK PREP CHECKLIST

REST & RECOVER

Cut training mileage by 40–50% — no long or intense runs.
Do 1–2 short, easy runs to keep your legs active.
Sleep 7–8 hours per night to help your body rebuild energy.

EAT FAMILIAR FOODS

Stick to what your body knows — avoid trying new meals or supplements.
Eat balanced meals with carbohydrates, protein, and vegetables.
Add an extra serving of rice, pasta, or potatoes in the final 2–3 days to boost glycogen.
Drink plenty of fluids — water + electrolytes daily.

FOCUS ON RECOVERY

Light stretching, mobility, or a short walk helps keep your body loose.
Avoid heavy strength or gym sessions.
If you feel tight, use gentle foam rolling instead of deep massage.

PREPARE YOUR GEAR EARLY

Lay everything out the night before the race:
Running shoes (well-tested)
Comfortable clothing (light & breathable)
Bib number & safety pins
Cap / sunglasses
Watch or running app
Energy gel or dates (if you practiced with them)



RACE MORNING

Eat your pre-race meal 2-3 hours before:
oats with banana, toast with honey, or dates + yogurt.

Arrive early to avoid rush – aim to be at
the venue at least 60-90 minutes before the start.

Sip 200-300 ml of water 30-45 minutes before the race.

Avoid drinking too much right before the start to prevent discomfort.

Arrive at start with sufficient time to warm up
(10 min easy jog + dynamic stretches).

Start conservatively: first 5-10 min should
feel comfortable. Let the race develop.

Remember, the 10 KM is not about perfection –
it's about progress. Smile, enjoy the route, and thank the volunteers!"



RACE DAY TIPS



START EASY

The first 2 km should feel comfortable — avoid the crowd's fast pace. Focus on breathing, posture, and rhythm.

STAY HYDRATED

Take small sips at every water station. Don't overdrink — just enough to stay comfortable.

RUN SMART

Keep your form steady: head up, shoulders relaxed, arms moving forward, not side-to-side. If you feel tired, shorten your stride and control your breathing.

MENTAL STRATEGY

Break the race into three parts:

KM 0–3: Find your rhythm.



KM 4–7: Focus and hold steady effort.



KM 8–10: Push gradually — finish strong and proud.



AFTER THE RACE

Keep moving — walk for 5–10 minutes to let your heart rate recover. Rehydrate with water or electrolytes. Have a meal full of protein to help with the recovery. Eat something light within 30 minutes — a banana, yogurt, or protein bar. Stretch or foam roll your legs gently. Most importantly — celebrate your achievement. You've just completed the Riyadh Marathon 10 KM!

SEE YOU AT THE FINISH LINE

YOU'VE COMMITTED TO 12 WEEKS OF TRAINING, DISCIPLINE, AND SELF-BELIEF — AND THAT'S ALREADY A VICTORY.

Whether you cross the finish line running, jogging, or walking, remember that every kilometer you've covered has built your strength, your resilience, and your story.

The Riyadh Marathon is more than a race — it's a celebration of movement, health, and community. You're now part of something bigger: a growing culture of active living in Saudi Arabia.

So take a deep breath, trust your training and enjoy every step on race day.

Run with pride.
Run with purpose.
Run for Riyadh.





RIYADH MARATHON

ماراثون الرياض

مقدم من
PRESENTED BY



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