

RIYADH MARATHON TRAINING GUIDE



42 KM



RIYADH
MARATHON
ماراثون الرياض
مقدم من
الأول
PRESENTED BY SAB



وزارة الرياضة
Ministry of Sport

رؤية
2030
المملكة العربية السعودية
KINGDOM OF SAUDI ARABIA

WELCOME TO THE
ULTIMATE TEST OF

END URRA NGE

This guide is created for experienced runners who already have a solid training base and are entering the final stage of preparation.

Our aim is to help you arrive at the start line confident, ready, and equipped with the right fueling, pacing, and recovery strategies to perform at your best.

If this is your first marathon, we recommend starting with the half-marathon distance this year and using this guide as inspiration for your full marathon journey in 2027.



ARE YOU MARATHON READY?

BEFORE CONTINUING,
CHECK YOUR READINESS



You can comfortably complete long runs of 25–30 KM.



You've maintained consistent weekly mileage for at least 3–4 months.



You can train 4–5 days per week and recover properly



You've completed a 21 KM or longer event recently.



IF YES

you're ready to focus on tapering, fueling, and race execution.

IF NOT

focus on shorter distances and long-term progress.

42.195KM TRAINING FOCUS OVERVIEW

DURATION: 12 WEEKS LEFT

Day	Focus
Sunday	Rest / Easy Recovery
Monday	Quality Run (intervals or Tempo)
Tuesday	Strenght / Mobility
Wednesday	Easy Run
Thursday	Rest
Friday	Long Run (Key Endurance session)
Saturday	Walk / Optional Short Run

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



STRENGTH & RECOVERY

STRENGTH AND RECOVERY SESSIONS ARE ESSENTIAL TO ENHANCE YOUR PERFORMANCE AND PROTECT YOUR BODY FROM INJURIES.

Frequency: 1–2 sessions per week (30–40 minutes).
Timing: Perform on easy run or rest days — never after a long run.
Goal: Improve core stability, glute power, and running efficiency.

SUGGESTED ROUTINE:

Exercise	Reps x Sets	Focus
Bodyweight Squats	15 x 2	Leg Strenght
Lunges (each leg)	12 x 2	Balance & Glutes
Glute Bridges	15 x 2	Hip Drive
Calf Raises	20 x 2	Lower Leg Endurance
Plank	30 sec x 2	Cores Stability
Side Plank	20 sec each side	Postural Control

RECOVERY TIPS

Sleep: Minimum 7–8 hours/night — the best recovery tool.
Hydration: 2.5–3 L water daily; add electrolytes on long-run days.
Stretching: 10–15 minutes after each session (focus on calves, hamstrings, hips).
Foam Rolling: 2–3 times per week to release tight muscles.
Rest Days: Take them seriously — your body adapts during rest, not just training





NUTRITIONS TIPS

AIM FOR BALANCE TO SUPPORT ENERGY, RECOVERY, AND IMMUNITY:

55-65% CARBOHYDRATES

Main energy source for long runs. Examples: rice, oats, pasta, bread, fruits, potatoes.

15-20% PROTEIN

Recovery and muscle repair. Examples: eggs, yogurt, fish, chicken, lentils

20-25% HEALTHY FATS

Endurance and hormonal balance. Examples: olive oil, nuts, avocado, seeds

Eat regularly — 3 main meals + 2 small snacks



Don't skip breakfast or eat too late at night



Limit fried, spicy, or new foods close to race week



BEFORE TRAINING RUNS

Eat 2–3 hours before: light meal with carbs + small protein (e.g., oats + banana, toast + honey).
If training early morning, take a quick snack (banana, 2 dates, or half an energy bar).
Hydrate with 300–400 ml of water 1 hour before starting

DURING LONG RUNS

Marathon fueling must be practiced in training, never improvised on race day.
Fuel every 45–60 minutes: → 30–60 g carbs/hour (gels, chews, or 2–3 dates).
Hydrate regularly: → Small sips every 20 minutes.
Combine water + electrolytes during runs longer than 90 minutes.
Don't overdrink — aim for steady intake, not fullness.

Try your race-day nutrition during long runs to train your gut and avoid surprises.

AFTER TRAINING

Refuel within 30 minutes with carbs + protein.
Examples: chocolate milk, yogurt with fruit, tuna or chicken sandwich.*
Rehydrate with water and one electrolyte serving.
Eat a balanced meal 1–2 hours later.



TRAINING FOCUS FOR THE FINAL PHASE

SINCE YOU'RE APPROACHING THE FINAL WEEKS
BEFORE RACE DAY, SHIFT YOUR ATTENTION TO:

Maintaining
endurance — not
building new volume

Practicing fueling
and hydration
during long runs

Sharpening pace
control through
tempo sessions

Enhancing recovery
with sleep, mobility,
and nutrition

FINAL WEEK PREP CHECKLIST

THE FINAL WEEK IS NOT ABOUT BUILDING FITNESS — IT'S ABOUT RESTORING ENERGY, SHARPENING FOCUS, AND ARRIVING FRESH ON RACE DAY.

TRUST YOUR TRAINING. RESPECT RECOVERY.
PREPARE YOUR MIND AND BODY FOR THE CHALLENGE AHEAD.

TRAINING:

Reduce total mileage by 40–50 %
— short, easy runs only.
Avoid any new or intense workouts.
Include 1–2 rest days before race day.
Stretch lightly every evening to stay loose.
Remember: you gain fitness while resting, not while over-training

NUTRITION & HYDRATION:

Eat balanced, carb-rich meals during race week (rice, pasta, potatoes, fruit).
Avoid fried, spicy, or unfamiliar foods.
Drink 2.5–3 L of fluids per day with one electrolyte drink daily.
Don't over-hydrate the night before
— drink steadily through the day

GEAR & LOGISTICS

Prepare your full race kit 2 days before:
Running shoes ✓ | Bib & pins ✓ | Socks ✓
Watch ✓ | Cap ✓ | Gels ✓
Do not try new gear or nutrition on race day.
Review course map and water-station locations.
Plan arrival time
— aim to be at the start area 90 minutes early.

MENTAL PREP:

Visualize the route and how you'll handle tough moments.
Focus on your pace, fueling, and breathing — not other runners.
Practice calm, deep breathing before sleep.
Remind yourself: "I'm ready. I've trained for this."

RECOVERY & REST

Sleep 7–8 hours each night, especially in the final three days.
Elevate your legs for 10 minutes each evening.
Stay off your feet the day before the race
— walk only when needed



RACE DAY TIPS



BEFORE THE START

Wake up early and have a familiar breakfast 2–3 hours before (oats + banana, toast + honey, or rice + dates).

Drink 400–500 ml water or electrolyte mix 1–2 hours before.

Arrive at the venue 90 minutes early — avoid rushing.

Warm up lightly: 10 minutes easy jog + mobility stretches.

Visit the restroom and check your bib, gels, and timing chip

DURING THE RACE

Start conservatively — the first 10 KM should feel comfortable.

Fuel early: take your first gel at 45 minutes, then every 30–40 minutes.

Hydrate smart: sip water at every station; alternate with electrolytes.

Stay relaxed: shoulders down, steady breathing, consistent rhythm.

MENTALLY BREAK THE RACE DOWN:

0–10 KM: settle in

10–30 KM: stay consistent

30–42 KM: stay focused and dig deep

If you hit a tough patch, slow down briefly, refocus, and keep moving forward

AFTER THE FINISH

Walk 5–10 minutes to cool down and let your heart rate lower gradually.

Rehydrate with water or an electrolyte drink.

Eat a small carb + protein snack (banana + yogurt, chocolate milk, or sandwich).

Stretch lightly and take a few minutes to enjoy the moment.

If you feel dizzy, go to the medical tent — safety first.

KEY REMINDERS

Don't try anything new on race day — not shoes, not food.

Stick to your planned pace and fueling schedule.

Focus on steady effort — the marathon is a test of patience, not speed.

Smile when you see the camera — you're part of Riyadh's story.

LOCAL CLIMATE & RACE-DAY CONSIDERATIONS (KSA)

RUNNING IN RIYADH MEANS MANAGING HEAT, DRYNESS, AND EARLY STARTS
— PLAN SMART TO PERFORM STRONG.

WEATHER & TIMING

Start early — mornings are cool (12–20°C) but warm up fast.
Wear light, breathable fabrics and a cap or visor.
Apply SPF 30+ sunscreen before the race

HYDRATION

Drink steadily the day before and on race morning (400–500 ml 1–2 hrs before start).
Sip small amounts at every water station — alternate water + electrolytes.
Practice your hydration plan during training.

ELECTROLYTES

Use electrolytes or salt tablets for runs over 25 KM.
Watch for cramps or dizziness — they signal dehydration.

PACING & EFFORT

Heat increases effort — adjust pace by 3–5% if it's warm.
Focus on steady rhythm and controlled breathing.

QUICK TIPS

TIP 1

Avoid cotton;
use tested gear.

TIP 2

Never skip early
aid stations.

TIP 3

Recover with fluids and
light food after finishing.



SEE YOU AT THE FINISH LINE

The marathon is more than a race
— it's a journey of endurance,
patience, and belief.

Every step you've taken has
prepared you for this moment.

Run with focus. Run with heart.
Run for Riyadh.

We'll be waiting for you at the finish
line — where effort turns into pride, and
the city celebrates every runner who
dared to go the distance





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