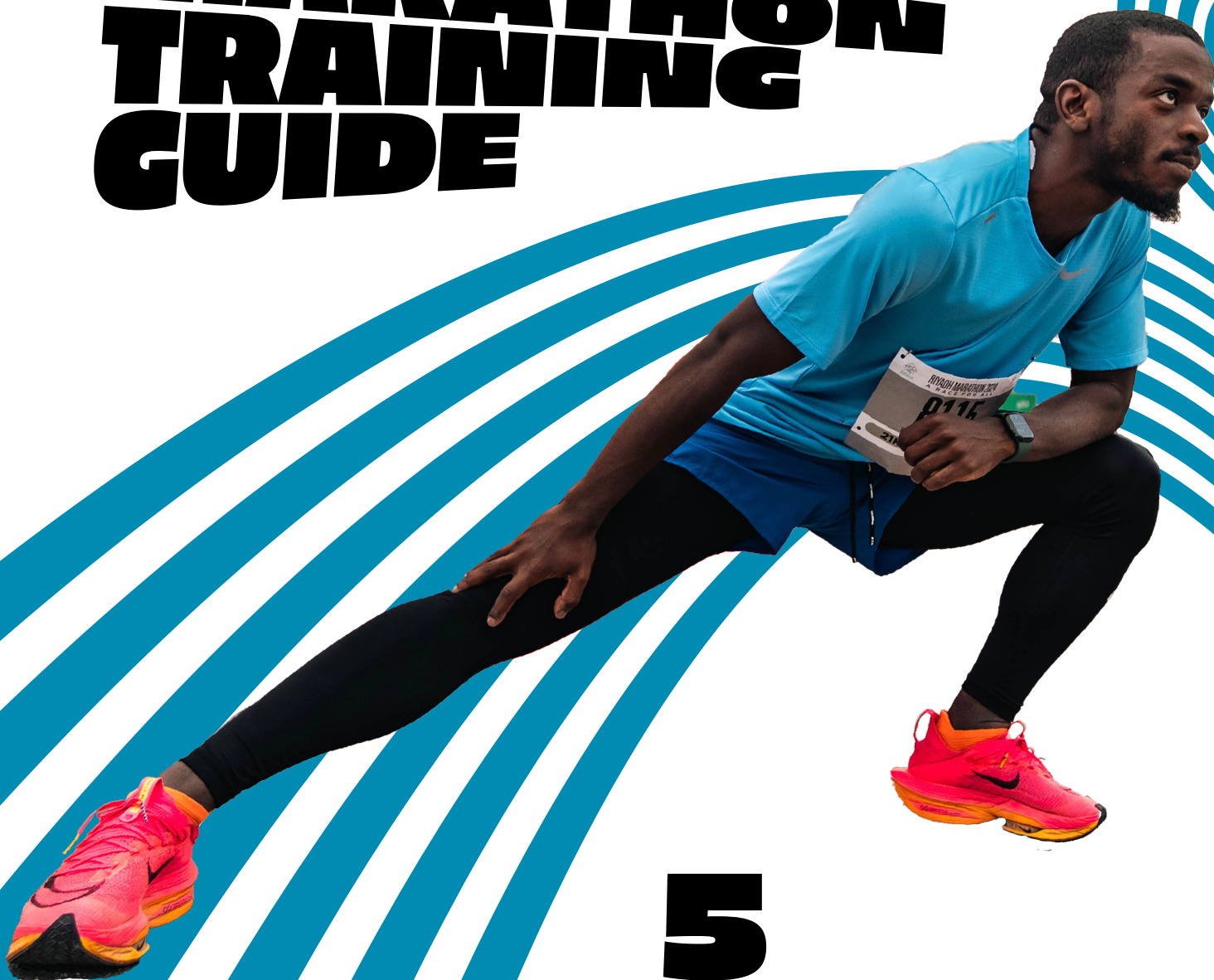


RIYADH MARATHON TRAINING GUIDE



5 KM



RIYADH
MARATHON
ماراثون الرياض
مقدم من
PRESENTED BY الأول SAB



وزارة الرياضة
Ministry of Sport

رؤية
2030
المملكة العربية السعودية
KINGDOM OF SAUDI ARABIA

CONGRATULATIONS

YOU'VE TAKEN THE FIRST STEP TOWARD YOUR RUNNING JOURNEY



The 5 KM is more than a race — it's a fun, family-friendly celebration of movement, community, and pride.

Whether you plan to run, jog, or walk, this guide will help you build fitness safely, enjoy the process, and cross the finish line in Riyadh with confidence.

Your 8-week plan is based on international training principles and tailored for the local climate and first-time runners in the KSA.

HOW TO USE THIS GUIDE

THIS TRAINING GUIDE IS DESIGNED TO HELP YOU PREPARE SAFELY AND CONFIDENTLY FOR THE RIYADH MARATHON 5 KM.

Follow week by week — don't skip ahead.
And remember to enjoy the process along the way!



Alternate between walking and jogging if needed.



Train early morning or after sunset.



Rest days are part of training — don't ignore them.



Mark each completed session — progress builds confidence.



REMEMBER

Every run, no matter how small, moves you closer to your goal.



TOP TIPS FOR FIRST-TIME 5 KM RUNNERS



START SLOW, BUILD SMART

Don't rush your progress. Start with short, easy runs or walk-run intervals. The goal is to build endurance gradually without injury or burnout.

HYDRATE EVERY DAY

Drink water regularly, not just on training days. In Riyadh's climate, dehydration can sneak up quickly — aim for 2–2.5 L daily, and add electrolytes during hot weeks.

FUEL LIGHT, TRAIN LIGHT

Before your run, have a small, simple snack — like a banana, dates, or toast with honey. Avoid heavy or fried meals before training.

LISTEN TO YOUR BODY

If you feel pain or unusual fatigue, rest. It's better to take a day off than risk injury. Soreness is normal — pain is not.

TRAIN IN COMFORTABLE GEAR

Use tested shoes and light clothing suitable for the weather. Never wear new shoes on race day — break them in during training.

RUN SMART FOR THE WEATHER

Run early morning or after sunset to avoid heat. Wear breathable fabrics, sunscreen, and a cap if needed.

CONSISTENCY BEATS INTENSITY

Running 4–3 times a week at an easy pace is more effective than running hard once in a while. Small steps every week lead to big improvements.

MIX RUNNING WITH WALKING

It's okay to walk — even during the race. Run when you can, walk when you need, and focus on finishing strong.

SET A REALISTIC GOAL

Your first 5 KM isn't about speed — it's about completion. Crossing that finish line is your victory. Time goals can come later.

ENJOY EVERY STEP

Smile during your runs, take in the atmosphere, and celebrate the process. Every kilometer is proof that you showed up — and that's what makes you a runner.

5 KM TRAINING PLAN OVERVIEW

DURATION

8 weeks

SESSIONS PER WEEK

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

LEVELS

Beginner & Intermediate

Day	Focus
Sunday	Rest or gentle walk
Monday	Easy Run / Walk-Run
Tuesday	Strength / Core
Wednesday	Quality Run (Tempo / Intervals)
Thursday	Rest
Friday	Long Run
Saturday	Optional Walk / Mobility

Adaptations for the hot climate (early morning / late evening runs)
Safely complete the 5 KM distance while improving endurance and confidence.



5 KM TRAINING PLAN



WEEK	Easy / Recovery Run	Session 2 (Add 15 min for both Warm Up + Cool Down)	Strength / CrossFit	Long Run	
1	20 min (B) / 25 min (I)	4 sets of 1 min hard + 90 sec walk/jog	Bodyweight (Squats, Lunges, Plank)	3 km (B) / 4 km (I)	Start slow, build routine
2	25 / 30 min Easy run	5 sets of 1 min hard + 90 sec jog	Glutes + core (Bridge, Step-ups, Side Plank)	3 / 4.5 km	Establish consistency
3	30 min Easy Run	10 min tempo (B) / 15 min tempo (I)	Core & balance circuit	3.5 / 5 km	Learn your breathing rhythm
4	30 min Easy Run	6 sets of 90 sec hard + 90 sec easy	Plyometrics (Jump squats, Push-ups)	4 / 5.5 km	Improve stride power
5	30 min Easy Run	3 sets of 3 min tempo + 2 min jog	Full-body (Step-ups, Shoulder press, Plank)	4.5 / 6 km	Build confidence & control
6	35 min Easy run	4 Sets of 2 min hard + 2 min easy	Functional CrossFit (Box jumps, Sit-ups, Row)	5 / 6.5 km	Sharpen form & pacing
7	30 min Easy run	15 min tempo	Mobility + core	4 / 5 km	Taper begins – reduce effort
8	20 min easy run + 3x20 sec strides	10 min light run	– (Rest week)	Race Day: 5 KM	Race week – enjoy the moment!

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

RECOVERY TIPS

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





DAILY NUTRITIONS

CARBS (50-60%)

rice, pasta, fruit, oats

PROTEIN (20%)

chicken, yogurt, eggs

HEALTHY FATS (20%)

olive oil, nuts, avocado

Drink 2–2.5 L water
daily, add electrolytes
during hot days.

30min Before runs:
small snack
(banana or dates).

After runs:
refuel within 30 min
with carbs + protein.

Avoid fried
or spic food the
day before the race.



PRE-RACE & RACE-DAY NUTRITION

DURING THE WEEK

Reduce training volume
— short, easy runs only.
Drink plenty of fluids
and eat familiar foods.
Prepare your race kit early.

ON RACE MORNING

Eat 2–3 hrs before: light carbs
(toast + honey, banana).
Warm up for 10 minutes
before the start.
Start slow, breathe steady,
and enjoy the route.

AFTER THE RACE

Keep walking a few
minutes post-finish.
Drink water and stretch.
Celebrate your
accomplishment
— you did it!





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.

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

THE LAST WEEK IS ABOUT RECOVERY, NOT HARD TRAINING. YOUR GOAL IS TO ARRIVE AT THE START LINE RESTED, FUELED, AND FOCUSED

REDUCE & RECOVER

Cut your training volume by %40–50
— focus on short, easy runs.
No new workouts or heavy gym sessions.
Prioritize sleep (7–8 hrs per night)
and stretching

EAT SMART

Stick to familiar, balanced
meals — nothing new.
Add more carbs (rice, pasta,
potatoes) in the final 2–3 days.
Stay hydrated with 2–2.5 L water daily
and one electrolyte drink per day.

PREPARE YOUR RACE KIT

PACK EVERYTHING THE NIGHT BEFORE:
Running shoes (tested & comfortable)
Race bib and safety pins
Light clothes, cap, and watch
Small snack (banana or dates)
Water bottle or hydration belt if preferred

MENTAL PREP

Visualize your race — picture yourself
crossing the finish line strong and smiling.
Focus on your own pace, not others.
Remind yourself: “I trained for this.
I’m ready.”



RACE DAY TIPS



BEFORE THE RACE

Wake up early and have your light breakfast 2–3 hours before start (e.g., toast + honey, banana, or dates + yogurt)
Drink 400–500 ml of water 1–2 hours before the race.
Arrive at the venue early
— aim for 60–90 minutes before start time.
Warm up for 10–15 minutes: light jog, dynamic stretches, and easy strides.

DURING THE RACE

Start easy — find your rhythm in the first kilometer.
Breathe evenly and keep your shoulders relaxed.
Run your own pace; don't get carried by others.
Sip water at stations — small sips only.
Walk if needed, then pick up running again
— finishing strong matters more than nonstop speed.

AFTER THE RACE

Keep walking for 5–10 minutes after crossing the finish line.
Drink water or electrolytes to rehydrate.
Have a light recovery snack (banana, yogurt, or chocolate milk).
Have a meal full of protein to help with the recovery.
Stretch gently and take a few deep breaths.
Celebrate your achievement — you've earned it!

QUICK REMINDERS

Test your shoes and clothes before race day.
Stay calm, smile, and enjoy the atmosphere.
You're not just running 5 KM — you're joining a movement for health and community in Riyadh.

SEE YOU AT THE FINISH LINE

YOU'VE COMMITTED TO 8 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

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