

KEYWORTH ON THE RUN

Part 1

This monthly feature is to support local people who want to get themselves fitter by running. Did you know that Keyworth hosts two of the best running events in the region? The **Crossdale 10k & Fun Run** is on Sept 5th (www.crossdale10k.co.uk) and the **Turkey Trot** is on Dec 12th (www.turkeytrot.org.uk). Both events are organised by Keyworth people and raise important funds to help youngsters within our community. For the 3 months before each event, **Keyworth News** will bring you a running schedule to support your efforts, along with a map of some local running routes. Joggers of all standard can follow the schedule at their own pace. The Runners schedule is planned for those running at approx 8 minute mile pace.

Weeks 1–4 of a training schedule for the Crossdale 10K on Sept 5th

	Joggers	Runners
Mon 14 th June	6 mins	Rest
Tue 15 th	8 mins	4 miles
Wed 16 th	Rest	3 miles
Thur 17 th	10 mins	4 miles
Fri 18 th	12 mins	Rest
Sat 19 th	10 mins	4 miles
Sun 20 th	15 mins	4 miles

	Joggers	Runners
Mon 28 th	15 mins	Rest
Tue 29 th	Rest	4 miles
Wed 30 th	10 mins	4 miles
Thu 1 st July	15 mins	3 miles
Fri 2 nd	20 mins	Rest
Sat 3 rd	Rest	3 miles
Sun 4 th	25 mins	6 miles

Mon 21 st	Rest	Rest
Tue 22 nd	10 mins	4 miles
Wed 23 rd	15 mins	4 miles
Thur 24 th	Rest	3 miles
Fri 25 th	12 mins	Rest
Sat 26 th	10 mins	3 miles
Sun 27 th	20 mins	5 miles

Mon 5 th	15 mins	Rest
Tue 6 th	Rest	5 miles
Wed 7 th	20 mins	3 miles
Thur 8 th	15 mins	4 miles
Fri 9 th	Rest	Rest
Sat 10 th	15 mins	4 miles
Sun 11 th	25 mins	7 miles

Why not try these local routes this month?

