

# KEYWORTH ON THE RUN

## Part 2

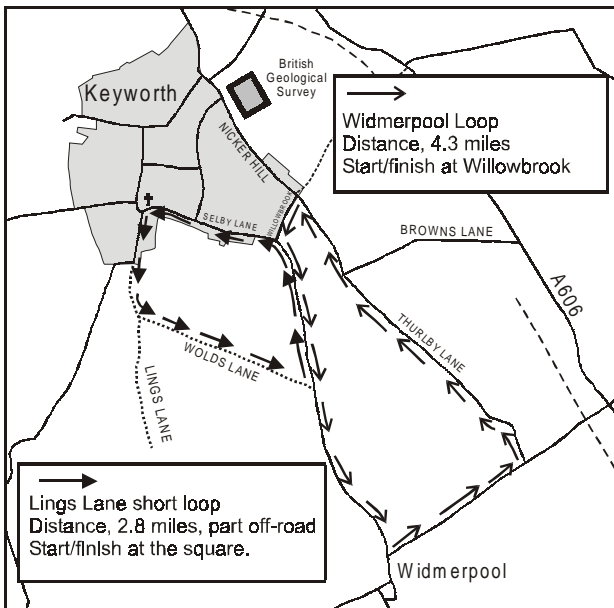
This is the second part of **Keyworth News'** series to encourage local people to get on the move. It somehow seems easier to get your trainers on when the weather's warm, so why not follow one of the training schedules below? A couple of the runs suggest hills – this isn't a problem around Keyworth! This month's suggested routes get you out onto the gentle slopes to the south of the village. Remember, the **Crossdale 10k & Fun Run** is on September 5<sup>th</sup> ([www.crossdale10k.co.uk](http://www.crossdale10k.co.uk)) and the **Turkey Trot** is on December 12<sup>th</sup> ([www.turkeytrot.org.uk](http://www.turkeytrot.org.uk)).

### Weeks 5-8 of a training schedule for the Crossdale 10k on September 5<sup>th</sup>

Joggers of all standard – just run at your own pace. The Runners schedule is planned for those doing about 8 minute miles.

If you missed weeks 1 – 4 they are available at [www.crossdale10k.co.uk](http://www.crossdale10k.co.uk)

### Why not try these local routes this month?



July	Joggers	Runners
M 12 <sup>th</sup>	15 mins	Rest
T 13 <sup>th</sup>	15 mins	5x¼ mls
W 14 <sup>th</sup>	Rest	4 miles
T 15 <sup>th</sup>	20 mins	5 miles
F 16 <sup>th</sup>	10 mins	Rest
S 17 <sup>th</sup>	Rest	4 miles
S 18 <sup>th</sup>	30 mins	6 miles

M 19 <sup>th</sup>	15 mins	Rest
T 20 <sup>th</sup>	20 mins	4 hills
W 21 <sup>st</sup>	Rest	4 miles
T 22 <sup>nd</sup>	25 mins	5 miles
F 23 <sup>rd</sup>	20 mins	Rest
S 24 <sup>th</sup>	15 mins	3 miles
S 25 <sup>th</sup>	30 mins	7 miles

M 26 <sup>th</sup>	20 mins	Rest
T 27 <sup>th</sup>	Rest	5 miles
W 28 <sup>th</sup>	25 mins	3 miles
T 29 <sup>th</sup>	30 mins	5 miles
F 30 <sup>th</sup>	Rest	Rest
S 31 <sup>st</sup>	25 mins	3 miles
1 <sup>st</sup> Aug	35 mins	8 miles

M 2 <sup>nd</sup>	25 mins	Rest
T 3 <sup>rd</sup>	Rest	5 hills
W 4 <sup>th</sup>	30 mins	3 miles
T 5 <sup>th</sup>	25 mins	4 miles
F 6 <sup>th</sup>	30 mins	Rest
S 7 <sup>th</sup>	25 mins	3 miles
S 8 <sup>th</sup>	55 mins	7 miles

**Keyworth Walkers!** The Crossdale 10k route is a beautiful course around some of our prettiest local wolds countryside. It is a concessionary route made accessible through the goodwill of several local farmers for the morning of September 5<sup>th</sup> only. Why not enter the Crossdale event and enjoy unique access to this lovely route?