

KEYWORTH ON THE RUN

Part 3

Just days after you receive the next edition of Keyworth News, the Crossdale 10k and Family Fun Run will take place on Sunday 5th September. It's not too late to take part (www.crossdale10k.co.uk) and it's not too late to get out and do some training! Printed below are some suggestions for the next 4 weeks to help joggers and 'serious' runners - joggers of all standards can follow the schedule at their own pace; the runners' schedule is planned for those running at approx 8 minute mile pace. This month's map highlights a hidden treasure right on Keyworth's doorstep – Clipston Woods. Only just over a mile away from Keyworth, yet the beauty of the woodland trails make you think you're in a National Park! The 5½ mile route starts in Keyworth, whereas the shorter route requires you to park in the lay-by at the sharp bend on Laming Gap Lane.

Weeks 9–12 of a training schedule for the Crossdale 10K on Sept 5th

	Joggers	Runners
Mon 9 th August	Rest	Rest
Tue 10 th	25 mins	4 miles
Wed 11 th	30 mins	3 miles
Thu 12 th	30 mins	6 x ½ miles
Fri 13 th	Rest	Rest
Sat 14 th	40 mins	4 miles
Sun 15 th	35 mins	6 miles

	Joggers	Runners
Mon 23 rd	35 mins	Rest
Tue 24 th	Rest	5 x ½ miles
Wed 25 th	45 mins	3 miles
Thu 26 th	30 mins	4 miles
Fri 27 th	25 mins	Rest
Sat 28 th	Rest	3 miles
Sun 29 th	40 mins	5 miles

Mon 16 th	40 mins	Rest
Tue 17 th	Rest	5 x ¼ miles
Wed 18 th	45 mins	3 miles
Thu 19 th	30 mins	5 miles
Fri 20 th	Rest	Rest
Sat 21 st	40 mins	4 miles
Sun 22 nd	30 mins	5 miles

Mon 30 th	Rest	Rest
Tue 31 st	30 mins	5 mile fartlek
Wed 1 st Sept	25 mins	3 miles
Thu 2 nd	20 mins	3 miles
Fri 3 rd	Rest	Rest
Sat 4 th	Rest	2 miles
Sun 5 th	Crossdale 10K	

Why not try these local routes this month?

