

KEYWORTH ON THE RUN

Part 4

If you are reading this issue of *Keyworth News* hot off the press, then you may still have time to enter the *Crossdale 10k Trail and Family Fun Run* as a day entry, unless the race has filled up. The website www.crossdale10k.co.uk has further details.

Whilst this series of articles is entitled *Keyworth on the Run*, the routes shown can be use in full, or part, by walkers and cyclists as well as runners. We have a lot of wonderful countryside around Keyworth. Get out there and enjoy it! But remember to leave the car behind!

We do seem to have more than our fair share of villages near to us with names that start with the letter "W". This month's route, which is a little short of 10 miles in length, takes in three of the "W" villages. This month's training schedule is the first stage of a 12 week build-up to Keyworth's largest sporting event. This is the Turkey Trot Half Marathon, scheduled for Sunday 12th December. The website www.turkeytrot.co.uk has further details.

Finally, on an educational note, for non-runners, scrabble players, and closet proof readers, the word, *fartlek*, as featured in last month's training schedule is taken from the Swedish for "speed play" and refers to variable pace running - a mixture of slow running, running at a moderate pace, and short fast bursts of running. Now you know!

Weeks 1-4 of a training schedule for the Turkey Trot Half Marathon on Sunday 12th December

		Runners	Joggers
September	Mon 20 th	Rest	Rest
	Tue 21 st	5m	4m
	Wed 22 nd	5m steady	Rest
	Thu 23 rd	5m	4m
	Fri 24 th	Rest	Rest
	Sat 25 th	3m	3m easy
	Sun 26 th	10k	10k
	Mon 27 th	Rest	Rest
	Tue 28 th	5m	5m
	Wed 29 th	6m steady	Rest
October	Thu 30 th	6m	5m
	Fri 1 st	Rest	Rest
	Sat 2 nd	5m hilly	4m
	Sun 3 rd	9m	7m
	Mon 4 th	Rest	Rest
	Tue 5 th	6m	5m
	Wed 6 th	7m steady	Rest
	Thu 7 th	6m	5m
	Fri 8 th	Rest	Rest
	Sat 9 th	5m	4m easy
	Sun 10 th	10m	8m
	Mon 11 th	Rest	Rest
	Tue 12 th	6m	5m
	Wed 13 th	8m steady	Rest
	Thu 14 th	5m	5m
	Fri 15 th	Rest	Rest
	Sat 16 th	3m easy	3m easy
Sun 17 th	10k	10k	

Why not try this local route this month?

