

# KEYWORTH ON THE RUN

## Part 5

I'm writing this issue of *Keyworth on the Run* just hours after the *Robin Hood Marathon*. Keyworth was well represented, with our runners taking part in both the full and the half. Keyworth Scout Group and Crossdale School were assisting the race organisers in the operation of the finish area.

Our own village race, *The Crossdale 10k* took place on September 5<sup>th</sup>, a wonderfully sunny day, quite at odds with the rest of the summer. Around 300 runners took part in the 10k event, and 150 in the fun run. My lasting memory of the event is the quintessentially English scene of runners streaming through Flawford Church, watched by spectators sat on picnic chairs. Results are available at [www.crossdale10k.co.uk](http://www.crossdale10k.co.uk).

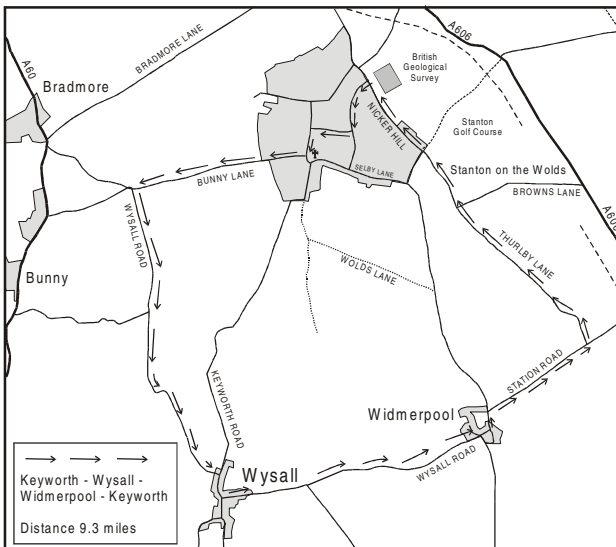
This month's route is a shortened version of the Turkey Trot route and is 9.3 miles in length. It includes two of the "W" villages, Wysall and Widmerpool.

This month's training schedule is the second stage of a 12 week build-up to Turkey Trot Half Marathon, Keyworth's largest sporting event, set for Sunday 12<sup>th</sup> December. If you are interested in looking at any of the previous *Keyworth on the Run* articles, they are available on the Turkey Trot website at [www.turkeytrot.org.uk](http://www.turkeytrot.org.uk).

### Weeks 5-8 of a training schedule for the Turkey Trot Half Marathon on Dec 12<sup>th</sup>

		Runners	Joggers
October	Mon 18 <sup>th</sup>	Rest	Rest
	Tue 19 <sup>th</sup>	6m	4m
	Wed 20 <sup>th</sup>	8m steady	Rest
	Thu 21 <sup>st</sup>	5m	5m
	Fri 22 <sup>nd</sup>	Rest	Rest
	Sat 23 <sup>rd</sup>	5m hilly	4m easy
	Sun 24 <sup>th</sup>	12m	9m
	Mon 25 <sup>th</sup>	Rest	Rest
	Tue 26 <sup>th</sup>	6m	4m
	Wed 27 <sup>th</sup>	6m steady	Rest
	Thu 28 <sup>th</sup>	6m	5m
	Fri 29 <sup>th</sup>	Rest	Rest
	Sat 30 <sup>th</sup>	3m easy	4m easy
	Sun 31 <sup>st</sup>	10m	10m

		Runners	Joggers
November	Mon 1 <sup>st</sup>	Rest	Rest
	Tue 2 <sup>nd</sup>	5m	4m
	Wed 3 <sup>rd</sup>	8m steady	Rest
	Thu 4 <sup>th</sup>	16m	5m
	Fri 5 <sup>th</sup>	Rest	Rest
	Sat 6 <sup>th</sup>	5m	4m easy
	Sun 7 <sup>th</sup>	13m	12m
	Mon 8 <sup>th</sup>	Rest	Rest
	Tue 9 <sup>th</sup>	6m	5m
	Wed 10 <sup>th</sup>	6m steady	Rest
	Thu 11 <sup>th</sup>	6m hilly	5m hilly
	Fri 12 <sup>th</sup>	Rest	Rest
	Sat 13 <sup>th</sup>	3m easy	3m easy
	Sun 14 <sup>th</sup>	13m	13m



**Why not try this local route this month?**