

KEYWORTH ON THE RUN

Part 6

During the run up to the Turkey Trot Half Marathon, runners will be descending on Keyworth to check out the race route. So it's a good time to go running, on all or part of the course, if you like to meet other runners whilst training. Hence it is quite appropriate that this month's route is the full Turkey Trot Half Marathon.

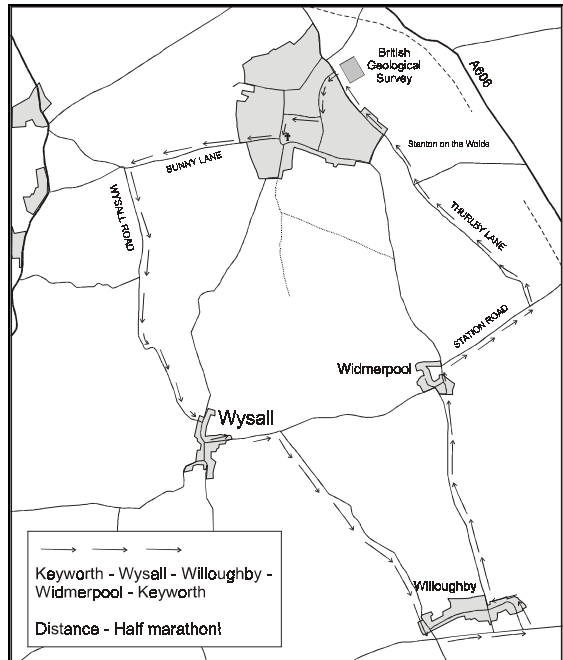
Weeks 9-12 of a training schedule for the Turkey Trot Half Marathon on 12th December

	Runners	Joggers	
November	Mon 15 th	Rest	Rest
	Tue 16 th	6m	5m
	Wed 17 th	5m steady	Rest
	Thu 18 th	6m	5m
	Fri 19 th	Rest	Rest
	Sat 20 th	6m	4m easy
	Sun 21 st	14m	13m
	Mon 22 nd	Rest	Rest
	Tue 23 rd	6m	5m
	Wed 24 th	6m steady	Rest
December	Thu 25 th	6m	5m
	Fri 26 th	Rest	Rest
	Sat 27 th	6m hilly	4m easy
	Sun 28 th	15m	14m
	Mon 29 th	Rest	Rest
	Tue 30 th	6m	6m
	Wed 1 st	6m steady	Rest
	Thu 2 nd	5m	4m
	Fri 3 rd	Rest	Rest
	Sat 4 th	3m easy	3m easy
Sun 5 th	10k	10k	
Mon 6 th	Rest	Rest	
Tue 7 th	5m	4m	
Wed 8 th	4m steady	Rest	
Thu 9 th	4m easy	3m easy	
Fri 10 th	Rest	Rest	
Sat 11 th	3m easy	3m easy	
Sun 12 th	TURKEY TROT		

This month's training schedule is the final stage of a 12 week build-up to Turkey Trot Half Marathon, Keyworth's largest sporting event, set for Sunday 12th 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.

Why not try this local route this month?



Keyworth's Largest Sporting Event



Keyworth Turkey Trot Half Marathon



Sunday 12th December 2004 10.15am

Proceeds fund Scouting in Keyworth

Fancy running and possibly winning a Turkey?

Entry forms available from the Library, Leisure Center, Key IV Life, Budgens and online.

The race is likely to reach its limit of 1000 runners in mid-November, well ahead of its closing date.

Please contact Harry Karmazyn on 0115 9373 248, harry@turkeytrot.org.uk or visit the website www.turkeytrot.org.uk for more details.

Forms can be posted locally at 15 Wynbreck Drive, Keyworth, Nottingham, NG12 5FY.