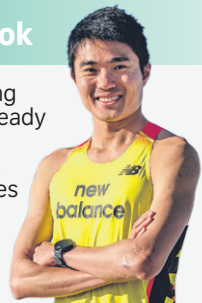









#RunWithMok

A 14-week training plan to get you ready for July's ST Run by Mok Ying Ren, former SEA Games marathon and triathlon champion



ST Run In The City 2017

Week 1 training: April 9-15

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 REST	 30min	 20min (optional)	 60min	 REST	 20min (optional)	 60min



EASY RUN

- **Purpose:** To build the aerobic running system, training your heart and muscles to adapt to the distance patiently.
- **How:** Be able to have a conversation during the run. If alone, try reciting the Singapore pledge. You should be able to do this comfortably.



REST

- **Purpose:** Rest allows the body to get stronger.
- **How:** Spend this day completing other tasks in your life. Let running take a back seat

Visit runone.co for full programme and to track your progress