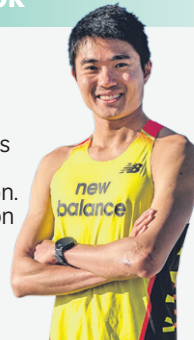


# #RunWithMok








## ST Run In The City 2017

A training plan to get you ready for July's ST Run by Mok Ying Ren, former SEA Games marathon and triathlon champion. He has a marathon personal best of 2:26:07 and is managed by ONEathlete.



### Week 3 of 14: April 23-29

Visit [runone.co](http://runone.co) for full programme and to track your progress

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 REST	 40min	 20min (optional)	 60min	 REST	 20min (optional)	 80min



#### 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.