

#RunWithMok








# ST Run In The City 2017

A training plan to get you ready for the July 16 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 11 of 14:** June 18-24

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 REST	 60min	 20min (optional)	 12 sets (1min hard/ 1min easy)	 REST	 20min (optional)	 12km



## 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.



## WORKOUT

- **Purpose:** To introduce intensity to train different energy systems.
- **How:** Pacing by feel is key. Start at a comfortable effort so that you can still finish the last set strong.



## PACE RUN

- **Purpose:** To help you get used to the feeling of race pace.
- **How:** Run at target race pace. There will be plenty of trial and error as only you can tell if the pace is sustainable. Err on the side of caution if this is your first race.