

#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 12 of 14: June 25 - July 1

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|--|---|
|  REST |  60min |  20min (optional) |  8 sets (2min hard/ 2min easy) |  REST |  20min (optional) |  100min |



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.



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.