

#RunWithMok








A training plan to help you transition from the ST Run to the Dec 3 Singapore Marathon by Mok Ying Ren. He has a marathon personal best of 2:26:07 and is managed by ONEathlete.



STANDARD CHARTERED SINGAPORE MARATHON 2017

Week 1 of 15: Aug 20-26

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|---|--|
|  REST |  15min warm up; 5 sets (30sec hard/ 1min easy); 15min cool down |  REST |  40min |  REST |  REST |  40min |



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.