#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 3 of 15:** Sept 3-9

MONDAY

15min warm up; 6 sets

(30sec hard/1min easy);

15min cool down

SUNDAY

REST

TUESDAY

RFS

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

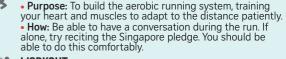
RFS

40min

FRIDAY

RFST

SATURDAY 60min



alone, try reciting the Singapore pledge. You should be able to do this comfortably.

systems.

EASY RUN

WORKOUT

• Purpose: To introduce intensity to train different energy

Let running take a báck seat.

• How: Pacing by feel is key. Start at a comfortable effort so that you can still finish the last set strong.

Purpose: Rest allows the body to get stronger.

• How: Spend this day completing other tasks in your life.