#RunWithMok A training plan to help you transition from the ST Run to the Dec 3 Singapore

Marathon by the

two-time SEA Games

gold medallist Mok

Ying Ren. He has a marathon personal

best of 2:26:07 and

is managed by

ONEathlete.

36

SUNDAY

REST

STANDARD CHARTERED SINGAPORE MARATHON 2017

REST

Week 5 of 15: Sept 17-23

MONDAY

15min warm up; 4 sets

(2min hard/2min easy);

15min cool down

TUESDAY WEDNESDAY

<u>-</u>2

15min warm up

20min moderate

15min cool down

THURSDAY

FRIDAY

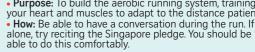
RFST

Visit runone.co/scsm for individualised training programme and to track your progress

SATURDAY

80min

Purpose: Rest allows the body to get stronger.



EASY RUN • Purpose: To build the aerobic running system, training your heart and muscles to adapt to the distance patiently.

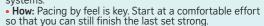
• How: Be able to have a conversation during the run. If

able to do this comfortably.

systems.

• Purpose: To introduce intensity to train different energy

Let running take a báck seat.



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

WORKOUT