#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.

STANDARD CHARTERED SINGAPORE MARATHON 2017

MONDAY

15min cool down

Week 6 of 15: Sept 24-30 Visit runone.co/scsm for individualised training programme and to track your progress

20min moderate

15min cool down



REST

- **TUESDAY** 15min warm up; 4 sets **REST** (3min hard/2min easy);
- WEDNESDAY <u>-</u>2° 15min warm up

- **THURSDAY**
- **FRIDAY**

RFST

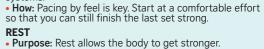
SATURDAY

110min

• 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

EASY RUN

- able to do this comfortably.
- WORKOUT • Purpose: To introduce intensity to train different energy
- systems.



 Purpose: Rest allows the body to get stronger. • How: Spend this day completing other tasks in your life.

Let running take a báck seat.