

#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

Week 12 of 15: Nov 5-11

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 REST	 15min warm-up; 4 sets (3min hard/90sec easy); 15min cool-down	 REST	 15min warm-up; 3 sets (10min hard/3min easy); 15min cool-down	 REST	 REST	 70min



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.