

# #RunWithMok








A training plan to help you gear up for the Sept 23 ST Run with two-time SEA Games gold medallist and ONEathlete Mok Ying Ren, whose marathon personal best is 2:26:07.



## STRAITS TIMES RUN 2018

**Week 14 of 16:** Sept 3 - 9 (Recovery)

Visit [str.sg/ofiu](http://str.sg/ofiu) and [runone.co/strun2018](http://runone.co/strun2018) for individualised training programme and to track your progress and to #askmok your burning questions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Easy 30min	 Easy 10min warm-up 5 x (1min hard/1min easy) Easy 10min cool-down (Total 30min)	 REST	 Easy 30min	 REST	 Easy 10min 40min pace run Easy 10min (Total 60min)	 REST



### EASY RUN

- **Purpose:** To build the aerobic running system, training your heart and muscles to adapt to the distance gradually.
- **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.