

## #RunWithMok








A training plan to help you transition from the ST Run to the Dec 9 Singapore Marathon with two-time SEA Games gold medallist and ONEathlete Mok Ying Ren. His marathon personal best is 2:26:07.



# STANDARD CHARTERED SINGAPORE MARATHON 2018

**Week 20:** Oct 15 - 21

Visit [runone.co](http://runone.co) to #askmok your burning questions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Easy 30min	 Easy 50min	 REST	 Easy 35min	 REST	 Easy 70min	 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.