

#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 21: Oct 22 - 28

Visit runone.co to #askmok your burning questions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Easy 30min	 Easy 30min	 REST	 Easy 40min	 REST	 Easy 10min 60min pace run Easy 10min (Total 80min)	 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.