

## #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 22:** Oct 29 - Nov 4

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

MONDAY



Easy 30min

TUESDAY



Easy 10min warm-up  
6 x (1min hard/1min easy)  
Easy 10min cool-down  
(Total 32min)

WEDNESDAY



REST

THURSDAY



Easy 40min

FRIDAY



REST

SATURDAY



Easy 100min

SUNDAY



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.