

#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 23: Nov 5 - 11

Visit runone.co to #askmok your burning questions.

MONDAY



Easy 30min

TUESDAY



Easy 10min warm-up
8 x (1min hard/1min easy)
Easy 10min cool-down
(Total 36min)

WEDNESDAY



REST

THURSDAY



Easy 35min

FRIDAY



REST

SATURDAY



Easy 110min

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.