STRAITS TIMES RUN 2019 **BEN'S PLAN** A 16-week training 10 m

Week 1 of 16: June 17 - 23

training programme and to #AskCoachBen your burning questions. THURSDAY³

FRIDAY

Visit www.straitstimesrun.com and www.coached.fitness for more on the

40min easy



SUNDAY

MONDAY⁴

30min steady

TUESDAY²

REST

• Over hills: Runner should aim to run up and down as many hills as possible.

WEDNESDAY

30min steady

REST

plan to help you

gear up for the

Sept 29 ST Run

with Ben Pulham. a former professional triathlete.



• Run at an easy effort or ideally

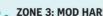
to your easy heart rate zone.

#



20min easy





• Numbers (next to day) indicate session priority. 1 = most important, 4 = least important.

ZONE 3: MOD HARD • Run at a moderately hard effort or ideally

to your mod hard heart rate zone.



SATURDAY¹

ZONE 4: HARD

• Run at a hard effort or ideally to your hard heart rate zone.