

A 15-week training plan to help you gear up for the Sept 29 ST Run with Ben Pulham, a former professional triathlete.

STRAITS TIMES RUN 2019

Week 2 of 15: June 24 - 30

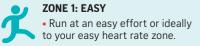
Visit www.straitstimesrun.com and www.coached.fitness for more on the training programme and to #AskCoachBen your burning questions.

	MONDAY ⁴	TUESDAY ²	WEDNESDAY	THURSDAY ³	FRIDAY	SATURDAY ¹	SUNDAY
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н	20min easy	30min steady	REST	30min steady	REST	50min easy	REST
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• Numbers (next to day) indicate session priority. 1 = most important, 4 = least important.

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

TRAINING ZONES



10

10

ZONE 2: STEADY

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

ZONE 3: MOD HARD

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



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