

# BEN'S PLAN








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 5 of 15:** July 15 - 21

Visit [www.straitstimesrun.com](http://www.straitstimesrun.com) and [www.coached.fitness](http://www.coached.fitness) for more on the training programme and to **#AskCoachBen** your burning questions.

MONDAY <sup>4</sup>	TUESDAY <sup>2</sup>	WEDNESDAY	THURSDAY <sup>3</sup>	FRIDAY	SATURDAY <sup>1</sup>	SUNDAY
 20min easy	 30min steady	 REST	 30min steady over hills	 REST	 70min easy over hills	 REST

- 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



### ZONE 1: EASY

- Run at an easy effort or ideally to your easy heart rate zone.
- Calculate easy heart rate by subtracting your age from 180 (Example: 180-38=142)



### ZONE 2: STEADY

- Run at a steady effort or ideally to your steady heart rate zone.
- Add 15 to this number to determine your zone ceiling (142+15=157; Zone 2: 143-157 bpm)



### ZONE 3: MOD HARD

- Run at a moderately hard effort or ideally to your mod hard heart rate zone.
- Add 10 to this number to determine your zone ceiling (158+10=168; Zone 3: 158-168 bpm)



### ZONE 4: HARD

- Run at a hard effort or ideally to your hard heart rate zone.
- Add 5 to this number to determine your zone ceiling. (168+5=174; Zone 4: 169-174 bpm)