

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 9 of 15: Aug 12 - 18

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
 30min easy	<ul style="list-style-type: none">• 10min easy• 4 x (4min mod hard/2min easy)• 6min easy (Total 40min)	 REST	 30min steady over hills	 REST	 90min 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)