

#RunWithMok








A training plan to help you gear up for the Sept 23 ST Run with two-time SEA Games gold medallist and ONEathlete Mok Ying Ren, whose marathon personal best is 2:26:07.



STRAITS TIMES RUN 2018

Week 11 of 16: Aug 13 - 19

Visit str.sg/ofiu and runone.co/strun2018 for individualised training programme and to track your progress and to #askmok your burning questions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Easy 20min	 Easy 10min warm-up 5 x 1min hard/1min easy Easy 10min cool-down (Total 30min)	 REST	 Easy 30min	 REST	 Easy 100min	 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.