

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 3 of 15: July 1 - 7

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
 20min easy	 30min steady	 REST	 30min steady	 REST	 60min Easy	 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.



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.



ZONE 4: HARD

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