

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
MON	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
TUE	20min STEADY	20min STEADY ROLLING HILLS	20min STEADY ROLLING HILLS	20min STEADY ROLLING HILLS	25min STEADY ROLLING HILLS	25min STEADY ROLLING HILLS	20min STEADY ROLLING HILLS	30min STEADY ROLLING HILLS
WED	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
THU	20min STEADY	20min STEADY ROLLING HILLS	20min STEADY ROLLING HILLS	20min STEADY ROLLING HILLS	25min STEADY ROLLING HILLS	25min STEADY ROLLING HILLS	20min STEADY ROLLING HILLS WITH REPEATS	30min STEADY ROLLING HILLS WITH REPEATS
FRI	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
SAT	20min STEADY	25min STEADY ROLLING HILLS	30min STEADY ROLLING HILLS	20min STEADY ROLLING HILLS	30min STEADY ROLLING HILLS	35min STEADY ROLLING HILLS	25min STEADY ROLLING HILLS	35min STEADY ROLLING HILLS
SUN	30min STEADY LONG RUN	35min STEADY LONG RUN	40min STEADY LONG RUN	30min STEADY LONG RUN	40min STEADY LONG RUN	45min STEADY LONG RUN	30min STEADY LONG RUN	45min STEADY LONG RUN
	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
MON	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
TUE	30min STEADY ROLLING HILLS	25min STEADY ROLLING HILLS	35min STEADY ROLLING HILLS	30min STEADY ROLLING HILLS WITH REPEATS	30min STEADY ROLLING HILLS WITH REPEATS	25min STEADY ROLLING HILLS WITH REPEATS	25min STEADY ROLLING HILLS WITH REPEATS	20min STEADY ROLLING HILLS WITH REPEATS
WED	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
THU	30min STEADY ROLLING HILLS WITH REPEATS	25min STEADY ROLLING HILLS WITH REPEATS	35min STEADY ROLLING HILLS WITH REPEATS	30min STEADY WITH EFFORTS ¹	30min STEADY WITH EFFORTS ²	25min STEADY WITH EFFORTS ³	25min STEADY WITH EFFORTS ²	20min STEADY WITH EFFORTS ¹
FRI	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
SAT	40min STEADY ROLLING HILLS	30min STEADY ROLLING HILLS	40min STEADY ROLLING HILLS	35min STEADY ROLLING HILLS	30min STEADY ROLLING HILLS	25min STEADY ROLLING HILLS	20min STEADY ROLLING HILLS	15min STEADY WITH 10sec ACCELERATIONS
SUN	50min STEADY LONG RUN	40min STEADY LONG RUN	50min STEADY LONG RUN	55min STEADY LONG RUN	45min STEADY LONG RUN	60min STEADY LONG RUN	40min STEADY LONG RUN	SCMS 5K RACE

PERSONALIZE THIS TRAINING PLAN

Customize this training plan to suit your personal physiology, enhance your performance and maximize your time by taking a **Racers' Toolbox lactate test to establish your heart rate training zones.**

Welcome To The World of Structured Training

Thank you for downloading this training plan. We have carefully designed this plan to progressively prepare your body for this year's Standard Chartered Marathon Singapore event.

These notes have been designed to give you a better understanding of the plan and will outline how to use it effectively.

UNDERSTANDING THE PLAN

While it is not clearly labeled in the plan, we will take you through the 3 phases of training (base, strength, specifics) with the goals of each phase outlined as follows:

1. Base Phase

- Improve basic fitness
- Improve fuel efficiency (fat burning)
- Improve lactate clearing ability

2. Strength Phase

- Improve fuel efficiency (fat burning)
- Improve lactate clearing ability
- Increase strength endurance
- Improve recovery rate
- Improve tolerance to training

3. Specifics Phase

- Simulate race conditions and intensities

On each day of training, the plan will specify duration (how long to run for), intensity (how hard to run) and specifics (what to do within each session). Try to stick as closely to this as you can.

A FEW THINGS TO UNDERSTAND

- The training plan volume is specified in time (eg: 30 minutes), not distance (eg: 6km). Training by time factors in outside influences such as the terrain and conditions you are running in. 10km up hill takes a lot longer than down hill. However, 60 minutes of running is 60 minutes of running regardless of terrain and conditions. This is what's important – time on your feet!
- The long workouts are the most important; if you have to miss a long workout, make sure you replace one of the shorter workouts with the long run.
- If you miss a shorter workout do not make it up. Try not to miss more than 10% of your shorter workouts.
- If you are a beginner, it is ok to walk however try your best to complete the full duration.
- Training at the correct intensity at the right time in training is crucial to your success in running. Unfortunately, intensity is a very subjective thing and unless you test for it, there is a chance you may be training at the wrong intensity and minimizing your chances of performing at your best.

MAXIMIZE YOUR EFFORTS. RACERS' TOOLBOX IS HERE TO HELP!

Instead of using our guide to estimate the intensity to train at, **take a lactate test** and we will be able to tell you **scientifically and specifically** what your **heart rate** (beats per minute) should be at each of the different intensity levels outlined in this training plan.

This way, you know that when you are training, you are maximizing your time and the physiological benefits you need to achieve your goal.

Special offers available to SCMS runners.

TRAINING TERMINOLOGY

This training plan uses different terminology to describe training intensity and specifics. Below is each term with a description of what it means.

Intensities

Steady

- Run at a pace where you could comfortably converse with a friend.
- If you have completed a lactate test, use your steady heart rate training zone.

Moderately Hard

- Run at a pace where you could have a broken conversation with a friend.
- If you have completed a lactate test, use your moderately hard heart rate training zone.

Hard

- Run at a pace where you could only give a yes/no answer
- If you have completed a lactate test, use your hard heart rate training zone.

Long Run

- This is the longest and most important run in the week; try hard not to miss this workout.

Specifics

Rolling Hills

- Run a route/course that has a fair amount of gradual hills.

Rolling Hills With Repeats

- Run a route/course that has a fair amount of gradual hills mid way through your run.
- Hill efforts run moderately hard up a gradual incline: 2 – 6 x 60 seconds. Walk down to recover.
- Complete this mid way through your run.

Efforts¹

- Complete 2 x 3 minutes moderately hard mid way through your run.
- If you have completed a lactate test, use your moderately hard heart rate training zone for the efforts only. The remainder of the run should be in your steady zone.

Efforts²

- Complete 2 x 6 minutes moderately hard mid way through your run.
- If you have completed a lactate test, use your moderately hard heart rate training zone for the efforts only. The remainder of the run should be in your steady zone.

Efforts³

- Complete 3 x 5 minutes moderately hard mid way through your run.
- If you have completed a lactate test, use your moderately hard heart rate training zone for the efforts only. The remainder of the run should be in your steady zone.

Accelerations

- Complete 2 – 6 accelerations in the last 5 minutes of your run.
- For 10 seconds, build up speed from an easy jog to a relaxed sprint, walk/slow jog 50 seconds and repeat.

RESOURCES

If you have found this training plan useful and would like to learn more about your body, how to train and eat, the following resources are available:

Training videos and articles at www.marathonsingapore.com

Training blogs and videos at www.racers-toolbox.com

Be sure to like the Racers' Toolbox community at www.facebook.com/racers.toolbox

DISCLAIMER

Racers' Toolbox cannot accept any responsibility for death or injuries caused by any information contained within. All information is provided in good faith. You should consult your doctor before embarking on any programme of physical activity.

By using this information you agree to indemnify, defend, and hold Racers' Toolbox harmless from and against any claims, actions, demands or other proceedings brought against us by a third party, to the extent that such claim, suit, action or other proceeding brought against us is based on or arises in connection with your use of the pack, any breach by you of these terms and conditions or a claim that your use of the pack infringes any intellectual property rights of any third party or is libelous or defamatory, or otherwise results in injury or damage to any third party.