

*Coached*

# TRAINING

FOR BEGINNER RUNNERS OF SCSM

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Generic training plans for beginner runners of 10k,  
half marathon and marathon.

# INTRODUCTION

## Introduction

Thanks for downloading this training programme to help you prepare for Standard Chartered Singapore Marathon. We have put this plan together to progressively prepare you for the demands of the event.

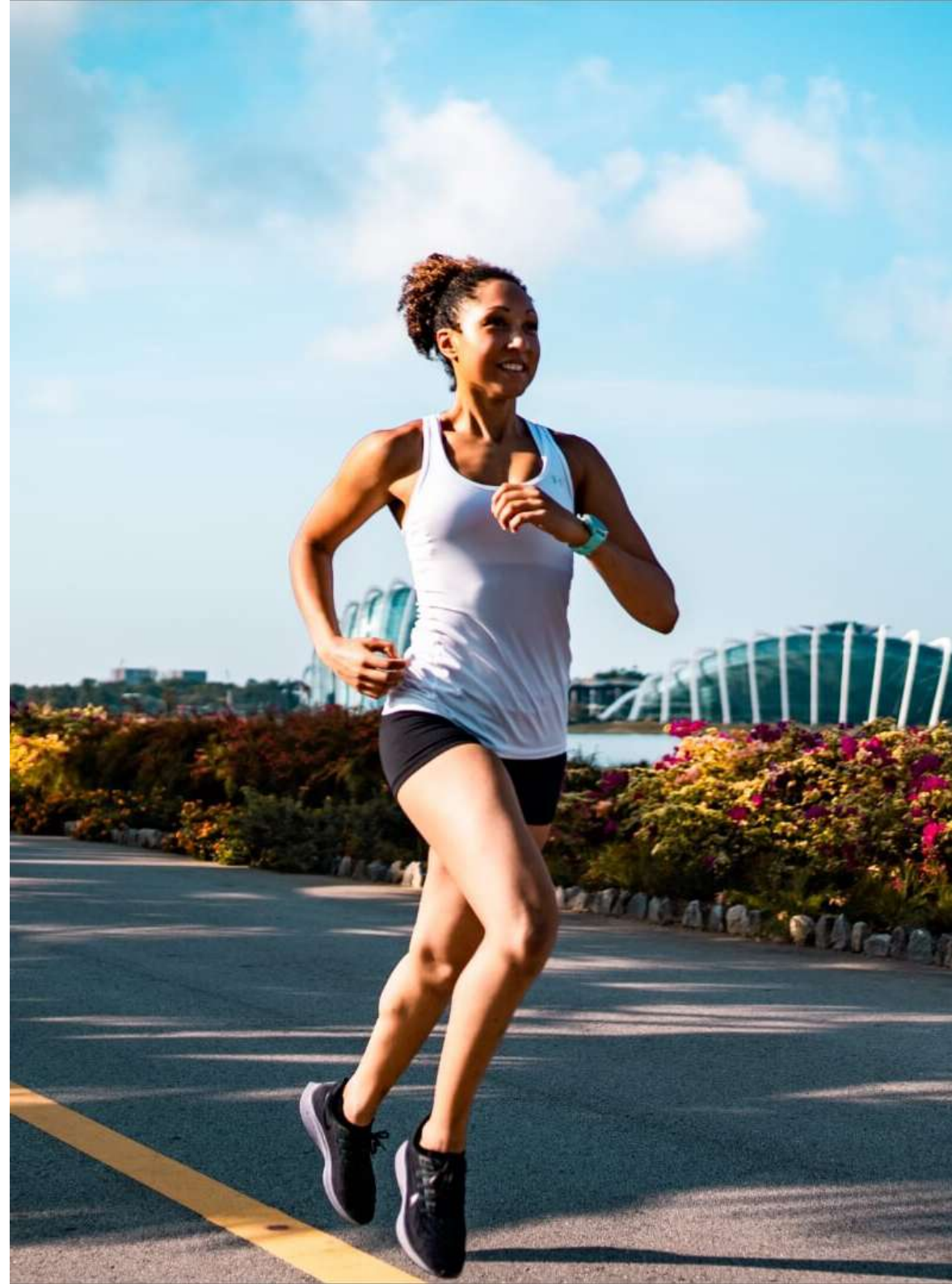
Please note that this is a generic training programme. We don't know your background, current fitness level, schedule, or anything else about you. As such, this is a basic guide.

## About Coached. Our Official Coaching Partner

Coached is a personalised training programme that helps you optimise, track, and enjoy your training.

If you're interested in more personal, detailed, and supported training, we encourage you to **sign up for a 14-day free trial of our online run coaching**.

During your trial, we'll set up a personalised training plan for SCSM, set training zones for heart rate and pace, and arrange a 15-minute Zoom Call to meet and discuss your training plan.



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# SCSM PROMO

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Everything you need to better your running and  
race at your potential in SCSM.



## ANNUAL COACHING

- 14-day free trial
- Personal training plan
- Unlimited in-app and email coach support
- Coach Calls
- **Pay for 10-months, get 12 months coaching**
- **FREE technique analysis valued at \$125**

## MONTHLY COACHING

- 14-day free trial
- Personal training plan
- Unlimited in-app and email coach support
- Coach Calls
- **20% discount on first three months of coaching**
- **Use code RUNSCSM on sign up**

LET'S DO IT

# ADDITIONAL READING

Here are some of our most popular articles.

## Training

- [How To Increase Your Running Stride Length](#)
- [Running Drills: 4 Great Drills That Improve Your Cadence](#)
- [Is Heart Rate Training Effective?](#)
- [Five Common Mistakes That Lead To Running Injuries](#)
- [Mobility Training For Runners & Triathletes](#)
- [How To Warm Up Before You Run](#)
- [What Is A Tempo Run And How Do You Do It?](#)
- [How To Train Effectively In Hot And Humid Conditions](#)
- [What To Do When Weather Interferes With Your Training](#)
- [Running On A Treadmill: The Pros And Cons](#)
- [Should Runners Do Strength Training?](#)
- [How You Can Race Like Eliud Kipchoge](#)

## How We Work

- [How We Work: Season Planning](#)
- [How We Work: Training Plans](#)

## Testing

- [A Simple Guide To Sweat Testing](#)
- [A Simple Guide To Lactate Testing](#)
- [Why Functional Threshold Pace Testing Is Useful \(And How To Do It\)](#)

## Mindset

- [The Habit Of Discipline](#)
- [Be A Goldfish](#)
- [Stop Looking At The Scoreboard](#)
- [A Punctured Tire](#)

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# Extra, Extra!

If you'd like to receive articles like those above right in your inbox, consider signing up for our free newsletter.

We share news and articles about training, nutrition, recovery and race execution with thousands of subscribers.

JOIN NOW

**10k**

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	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<b>MON</b> REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
<b>TUE</b> SPEED	20min A	20min A	20min A	20min A	30min A	30min A	20min A	40min A
<b>WED</b> ENDURANCE	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
<b>THU</b> HILLS	20min Hi	20min Hi	20min Hi	20min Hi	30min Hi	30min Hi	20min Hi	40min Hi
<b>FRI</b> REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
<b>SAT</b> RECOVERY	30min Z1	40min Z1	50min Z1	30min Z1	50min Z1	60min Z1	40min Z1	60min Z1
<b>SUN</b> LONG	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
<b>MON</b> REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
<b>TUE</b> SPEED	40min A	30min A	50min T	40min T	35min T	30min Sp	25min Sp	20min Sp
<b>WED</b> ENDURANCE	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	20min A
<b>THU</b> HILLS	40min Hi	30min Hi	50min Hi	40min Hr	35min Hr	30min Hr	25min Hr	DAY OFF
<b>FRI</b> REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	15min Z1
<b>SAT</b> RECOVERY	70min Z1	50min Z1	70min Z1	80min C	60min C	80min C	50min C	<b>SCSM 10K</b>
<b>SUN</b> LONG	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF



## 10KM TRAINING GLOSSARY

Intensities	Specifics
<p><b>Z1 = Zone 1: Easy</b> Run at an Easy effort or ideally to your Easy heart rate zone.</p>	<p><b>A = Accelerations</b> Gradually build your effort from Zone 1 to Zone 4. Complete 1 to 3 x 20 seconds reps with 40 second Zone 1 jog between.</p>
<p><b>Z2 = Zone 2: Steady</b> Run at a Steady effort or ideally to your Steady heart rate zone.</p>	<p><b>Hi = Hills</b> Run zone 2 over a course of rolling hills.</p>
<p><b>Z3 = Zone 3: Mod Hard</b> Run at a Mod Hard effort or ideally to your Mod Hard pace zone.</p>	<p><b>Hr = Hill Reps</b> Run Zone 4 up a gradual incline. Complete 3 to 6 x 200m. Jog Zone 1 or walk down the hill to recover.</p>
<p><b>Z4 = Zone 4: Hard</b> Run at a Hard effort or ideally to your Hard pace zone.</p>	<p><b>Sp = Speed</b> Run 5 x 2 minutes Zone 4 in the middle of your run. Run Zone 1 for 1 minute between each rep.</p>
<p><b>It's critical you know your training zones</b> To determine training zones for heart rate and pace, you need to test. Formula's won't cut it.</p>	<p><b>T = Tempo</b> Run 3 x 5 minutes Zone 3 in the middle of your run. Run Zone 1 for 2 minutes between the reps.</p>
<p>1. Lactate Testing. Read, <a href="#">A Simple Guide To Lactate Testing</a>. 2. FTPa Testing. Read, <a href="#">Why Functional Threshold Pace Testing Is Useful (And How To Do It)</a></p>	<p><b>C = Course</b> Run Zone 1 or Zone 2 over part of the racecourse or a terrain similar to the racecourse.</p>

**HALF**

**MARATHON**

<b>Coached</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>
<b>MON</b> REST	40min Z2	45min Z2	50min Z2	40min Z2	55min Z2	60min Z2	50min Z2	65min Z2
<b>TUE</b> SPEED	30min A	30min A	30min A	30min A	40min A	40min A	30min A	50min A
<b>WED</b> ENDURANCE	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
<b>THU</b> HILLS	30min Hi	30min Hi	30min Hi	30min Hi	40min Hi	40min Hi	30min Hi	50min Hi
<b>FRI</b> REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
<b>SAT</b> RECOVERY	45min Z1	60min Z1	75min Z1	45min Z1	75min Z1	90min Z1	60min Z1	90min Z1
<b>SUN</b> LONG	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
	<b>Week 9</b>	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>	<b>Week 13</b>	<b>Week 14</b>	<b>Week 15</b>	<b>Week 16</b>
<b>MON</b> REST	70min S	60min S	75min S	60min S	50min S	40min S	30min S	DAY OFF
<b>TUE</b> SPEED	50min A	40min A	60min T	50min T	45min T	40min T	35min Sp	30min Sp
<b>WED</b> ENDURANCE	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
<b>THU</b> HILLS	50min Hi	40min Hi	60min Hr	50min Hr	45min Hr	40min Hr	35min Hr	20min A
<b>FRI</b> REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
<b>SAT</b> RECOVERY	105min Z1	75min Z1	105min Z1	120min C	90min C	120min C	80min C	15min Z1
<b>SUN</b> LONG	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	<b>SCSM HALF MARATHON</b>

# HALF MARATHON TRAINING GLOSSARY

Intensities	Specifics
<p><b>Z1 = Zone 1: Easy</b> Run at an Easy effort or ideally to your Easy heart rate zone.</p>	<p><b>A = Accelerations</b> Gradually build your effort from Zone 1 to Zone 2. Complete 1 to 3 x 20 seconds reps with 40 second Zone 1 jog between.</p>
<p><b>Z2 = Zone 2: Steady</b> Run at a Steady effort or ideally to your Steady heart rate zone.</p>	<p><b>Hi = Hills</b> Run Zone 2 over a course of rolling hills.</p>
<p><b>Z3 = Zone 3: Mod Hard</b> Run at a Mod Hard effort or ideally to your Mod Hard pace zone.</p>	<p><b>Hr = Hill Reps</b> Run Zone 4 up a gradual incline. Complete 3 to 6 x 200m. Jog Zone 1 or walk down the hill to recover.</p>
<p><b>Z4 = Zone 4: Hard</b> Run at a Hard effort or ideally to your Hard pace zone.</p>	<p><b>Sp = Speed</b> Run 5 x 2 minutes Zone 4 with 1.5 minute Zone 1 jog between each rep, in the middle of your run.</p>
<p><b>It's critical you know your training zones</b> To determine training zones for heart rate and pace, you need to test. Formula's won't cut it.</p>	<p><b>T = Tempo</b> Run 3 x 8 minutes Zone 3 in the middle of your run. Run Zone 1 for 2 minutes in between the reps.</p>
<p>1. Lactate Testing. Read, <a href="#">A Simple Guide To Lactate Testing</a>. 2. FTPa Testing. Read, <a href="#">Why Functional Threshold Pace Testing Is Useful (And How To Do It)</a></p>	<p><b>C = Course</b> Run Easy or Steady over part of the racecourse or a terrain similar to the racecourse.</p>

# MARATHON

<b>Coached</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>
<b>MON</b> REST	40min Z2	45min Z2	50min Z2	40min Z2	55min Z2	60min Z2	50min Z2	65min Z2
<b>TUE</b> SPEED	30min A	30min A	30min A	30min A	40min A	40min A	30min A	50min A
<b>WED</b> ENDURANCE	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
<b>THU</b> HILLS	30min Hi	30min Hi	30min Hi	30min Hi	40min Hi	40min Hi	30min Hi	50min Hi
<b>FRI</b> REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
<b>SAT</b> RECOVERY	45min Z1	60min Z1	75min Z1	45min Z1	90min Z1	105min Z1	75min Z1	120min Z1
<b>SUN</b> LONG	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
	<b>Week 9</b>	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>	<b>Week 13</b>	<b>Week 14</b>	<b>Week 15</b>	<b>Week 16</b>
<b>MON</b> REST	70min S	60min S	75min S	60min S	50min S	40min S	30min S	DAY OFF
<b>TUE</b> SPEED	50min A	40min A	60min T	50min T	45min T	40min T	35min Sp	30min Sp
<b>WED</b> ENDURANCE	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
<b>THU</b> HILLS	50min Hi	40min Hi	60min Hr	50min Hr	45min Hr	40min Hr	35min Hi	20min A
<b>FRI</b> REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
<b>SAT</b> RECOVERY	135min Z1	105min Z1	150min Z1	165min C	135min C	180min C	120min C	15min Z1
<b>SUN</b> LONG	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	<b>SCSM MARATHON</b>

# MARATHON TRAINING GLOSSARY

Intensities	Specifics
<p><b>Z1 = Zone 1: Easy</b> Run at an Easy effort or ideally to your Easy heart rate zone.</p>	<p><b>A = Accelerations</b> Gradually build your effort from Zone 1 to Zone 4. Complete 1 to 3 x 20 seconds reps with 40 second Zone 1 jog between.</p>
<p><b>Z2 = Zone 2: Steady</b> Run at a Steady effort or ideally to your Steady heart rate zone.</p>	<p><b>Hi = Hills</b> Run Zone 2 over a course of rolling hills.</p>
<p><b>Z3 = Zone 3: Mod Hard</b> Run at a Mod Hard effort or ideally to your Mod Hard pace zone.</p>	<p><b>Hr = Hill Reps</b> Run Zone 4 up a gradual incline. Complete 3 to 6 x 200m. Jog Zone 1 or walk down the hill to recover.</p>
<p><b>Z4 = Zone 4: Hard</b> Run at a Hard effort or ideally to your Hard pace zone.</p>	<p><b>Sp = Speed</b> Run 5 x 2 minutes Zone 4 in the middle of your run. Run Zone 1 for 1 minutes in between the reps.</p>
<p><b>It's critical you know your training zones</b> To determine training zones for heart rate and pace, you need to test. Formula's won't cut it.</p> <ol style="list-style-type: none"> <li>Lactate Testing. Read, <a href="#">A Simple Guide To Lactate Testing</a>.</li> <li>FTP<sub>a</sub> Testing. Read, <a href="#">Why Functional Threshold Pace Testing Is Useful (And How To Do It)</a></li> </ol>	<p><b>T = Tempo</b> Run 25 minutes Zone 3 in the middle of your run.</p> <p><b>C = Course</b> Run Zone 1 or Zone 2 over part of the racecourse or a terrain similar to the racecourse.</p>

# Coached

Thanks for reading through this guide. We hope you find these training plans to be a useful resource for your race preparation.

If you'd like any assistance with your training or if you're looking to find out more about your individual physiological capacities like lactate threshold, VO2max, and energy utilisation, then please get in touch to discuss your needs with us here: [hello@coached.fitness](mailto:hello@coached.fitness).

You can find more advice about the art and science of effective training at: [www.coached.fitness](http://www.coached.fitness).

We wish you the best of luck with your training and please let us know of any training questions you might have that we can provide further advice on.

—

Coach Ben