

Coached

TRAINING

FOR INTERMEDIATE RUNNERS OF SCSM

Generic training plans for intermediate 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.

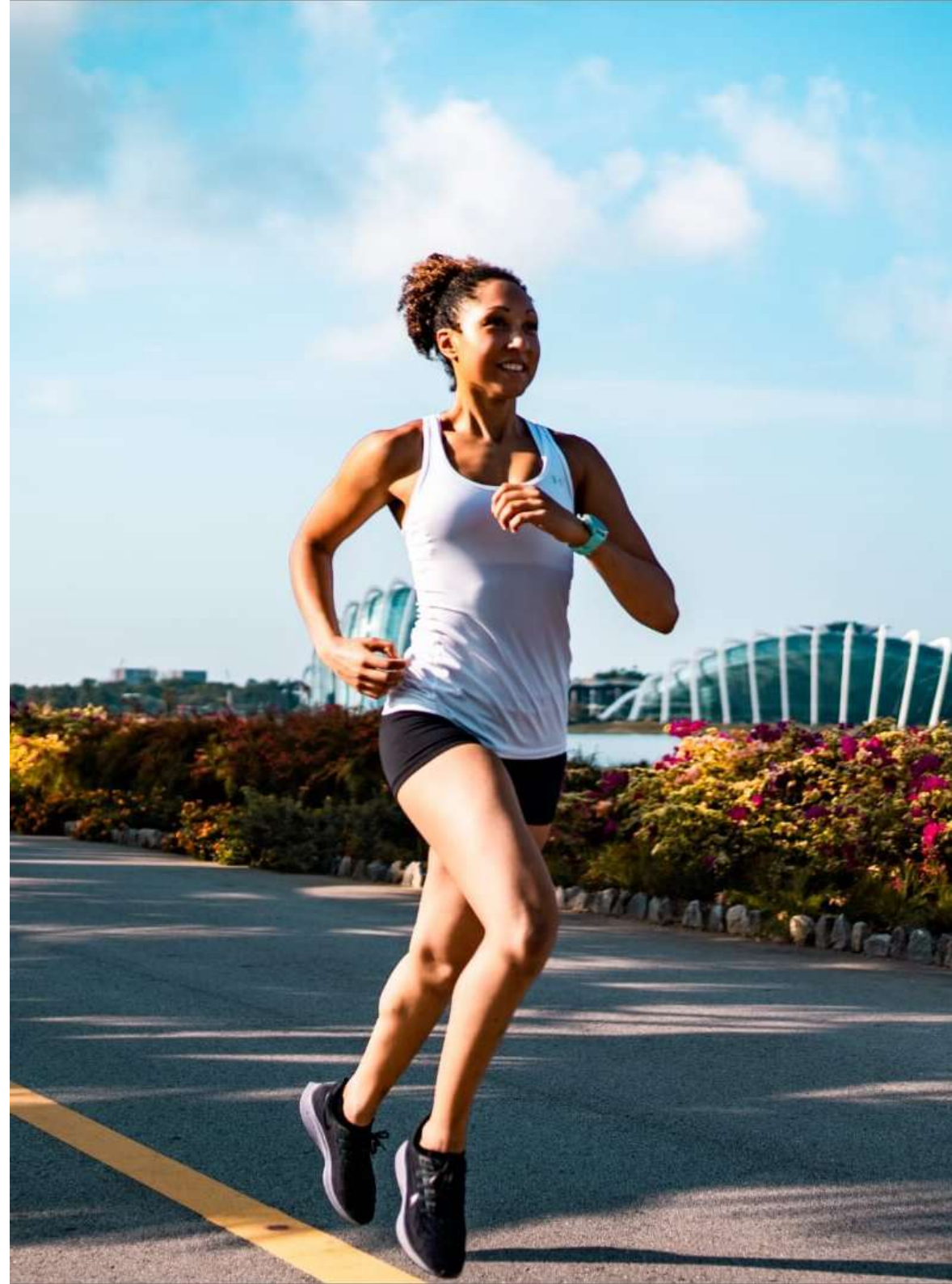
Please note that this is a generic training programme. We don't know your background, current fitness level, schedule, or anything else about you. As such, this is a basic guide.

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

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
MON REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
TUE SPEED	30min A	30min A	20min A	30min A	30min A	30min A	20min A	40min A
WED ENDURANCE	30min Z2	35min Z2	40min Z2	30min Z2	45min Z2	50min Z2	40min Z2	55min Z2
THU HILLS	20min Hi	20min Hi	20min Hi	20min Hi	30min Hi	30min Hi	20min Hi	40min Hi
FRI REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
SAT RECOVERY	20min Z1	30min Z1	40min Z1	20min Z1	40min Z1	50min Z1	30min Z1	50min Z1
SUN LONG	30min Z1	40min Z1	50min Z1	30min Z1	50min Z1	60min Z1	40min Z1	60min Z1
	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
MON REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
TUE SPEED	40min A	30min A	50min T	40min T	45min T	40min Sp	45min Sp	35min Sp
WED ENDURANCE	60min S	50min S	65min S	50min S	40min S	30min S	20min S	20min A
THU HILLS	40min Hi	30min Hi	50min Hr	40min Hr	35min Hr	30min Hi	25min Hi	DAY OFF
FRI REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	15min Z1
SAT RECOVERY	60min Z1 or Z2	40min Z1 or Z2	60min Z1 or Z2	40min Z1 or Z2	35min Z1 or Z2	30min Z1 or Z2	25min Z1 or Z2	SCSM 10K
SUN LONG	70min Z1	50min Z1	70min Z1	80min C	60min C	80min C	50min C	DAY OFF

10KM TRAINING GLOSSARY

Intensities	Specifics
<p>Z1 = Zone 1: Easy Run at an Easy effort or ideally to your Easy heart rate zone.</p>	<p>A = Accelerations Gradually build your effort from Zone 1 to Zone 4. Complete 3 to 6 x 20 seconds reps with 40 second Zone 1 jog between.</p>
<p>Z2 = Zone 2: Steady Run at a Steady effort or ideally to your Steady heart rate zone.</p>	<p>Hi = Hills Run Zone 2 over a course of rolling hills.</p>
<p>Z3 = Zone 3: Mod Hard Run at a Mod Hard effort or ideally to your Mod Hard pace zone.</p>	<p>Hr = Hill Reps 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>Z4 = Zone 4: Hard Run at a Hard effort or ideally to your Hard pace zone.</p>	<p>Sp = Speed Run 5 x 4 minutes Zone 4 in the middle of your run. Run 2-minutes Zone 1 between each rep.</p>
<p>It's critical you know your training zones 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"> Lactate Testing. Read, A Simple Guide To Lactate Testing. FTP_a Testing. Read, Why Functional Threshold Pace Testing Is Useful (And How To Do It) 	<p>T = Tempo Run 3 x 6 minutes Zone 3 in the middle of your run. Run 2 minutes Zone 1 between each rep.</p>
	<p>C = Course Run Zone 1 or Zone 2 over part of the racecourse or a terrain similar to the racecourse.</p>

HALF MARATHON

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

HALF MARATHON TRAINING GLOSSARY

Intensities	Specifics
<p>Z1 = Zone 1: Easy Run at an Easy effort or ideally to your Easy heart rate zone.</p> <p>Z2 = Zone 2: Steady Run at a Steady effort or ideally to your Steady heart rate zone.</p> <p>Z3 = Zone 3: Mod Hard Run at a Mod Hard effort or ideally to your Mod Hard pace zone.</p> <p>Z4 = Zone 4: Hard Run at a Hard effort or ideally to your Hard pace zone.</p>	<p>A = Accelerations Gradually build your effort from Zone 1 to Zone 4. Complete 1 to 6 x 20 seconds reps with 40 second Zone 1 jog between.</p> <p>Hi = Hills Run Zone 2 over a course of rolling hills.</p> <p>Hr = Hill Reps 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>Sp = Speed Run 5 x 2-minutes Zone 4 in the middle of your run. Run Zone 1 for 1 minute between each rep.</p> <p>T = Tempo Run 3 x 10-minutes Zone 3 in the middle of your run. Run Zone 1 for 2 minutes between each rep.</p> <p>C = Course Run Zone 1 or Zone 2 over part of the racecourse or a terrain similar to the racecourse.</p>
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MARATHON

Coached	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
MON REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
TUE SPEED	30min A	30min A	40min A	30min A	40min A	40min A	30min A	50min A
WED ENDURANCE	40min Z2	45min Z2	50min Z2	40min Z2	55min Z2	60min Z2	50min Z2	65min Z2
THU HILLS	30min Hi	30min Hi	30min Hi	30min Hi	40min Hi	40min Hi	30min Hi	50min Hi
FRI REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
SAT RECOVERY	40min Z1	50min Z1	60min Z1	30min Z1	70min Z1	80min Z1	60min Z1	80min Z1
SUN LONG	45min Z1	60min Z1	75min Z1	45min Z1	90min Z1	105min Z1	75min Z1	120min Z1
	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
MON REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
TUE SPEED	50min A	40min A	60min T	60min T	60min T	60min T	50min Sp	40min Sp
WED ENDURANCE	90min Z1 or Z2	70min Z1 or Z2	90min Z1 or Z2	70min Z1 or Z2	60min Z1 or Z2	50min Z1 or Z2	40min Z1 or Z2	DAY OFF
THU HILLS	50min Hi	40min Hi	60min Hr	50min Hr	45min Hr	40min Hr	35min Hi	20min A
FRI REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
SAT RECOVERY	70min Z1 or Z2	60min Z1 or Z2	75min Z1 or Z2	60min Z1 or Z2	50min Z1 or Z2	40min Z1 or Z2	30min Z1 or Z2	15min Z1
SUN LONG	135min Z1	105min Z1	150min Z1	165min C	180min C	135min C	120min C	SCSM MARATHON

MARATHON TRAINING GLOSSARY

Intensities	Specifics
<p>Z1 = Zone 1: Easy Run at an Easy effort or ideally to your Easy heart rate zone.</p> <p>Z2 = Zone 2: Steady Run at a Steady effort or ideally to your Steady heart rate zone.</p> <p>Z3 = Zone 3: Mod Hard Run at a Mod Hard effort or ideally to your Mod Hard pace zone.</p> <p>Z4 = Zone 4: Hard Run at a Hard effort or ideally to your Hard pace zone.</p>	<p>A = Accelerations Gradually build your effort from Zone 1 to Zone 4. Complete 3 to 6 x 20 seconds reps with 40 seconds Zone 1 jog between.</p> <p>Hi = Hills Run Zone 2 over a course of rolling hills.</p> <p>Hr = Hill Reps Run Hard up a gradual incline. Complete 3 to 6 x 200m. Jog Zone 1 or walk down the hill to recover.</p>
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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 VO2max, lactate threshold, and energy utilisation, then please get in touch to discuss your needs with us here: hello@coached.fitness.

You can find more advice about the art and science of effective training at: 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.

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Coach Ben