Coached

TRAINING

FOR BEGINNER RUNNERS OF SCSM

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

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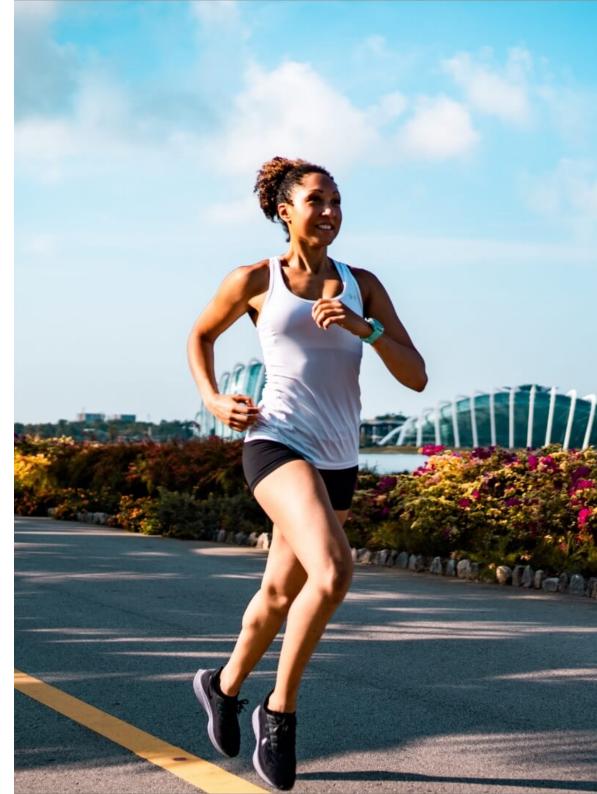
Please note that this is a generic training programme. We don't know your background, current fitness level, schedule, or anything else about you. As such, this is a basic guide.

About Coached. The 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 Video Call to meet and discuss your training plan.

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SCSM

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

ANNUAL COACHING

- Personal training plan
- Unlimited in-app and email coach support
- Coach Calls
- **14-day free trial**
- **Pay for 10-months, get 12 months coaching**

MONTHLY COACHING

- Personal training plan
- Unlimited in-app and email coach support
- Coach Calls
- **14-day free trial**

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

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	20min A	20min A	20min A	20min A	30min A	30min A	20min A	30min A
WED REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
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 LONG	30min Z1	40min Z1	50min Z1	30min Z1	50min Z1	60min Z1	40min Z1	60min Z1
SUN REST	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
MON REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
TUE SPEED	40min T	30min T	50min T	40min T	35min Sp	30min Sp	25min Sp	25min Sp
WED REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
THU HILLS	40min Hi	30min Hi	50min Hr	40min Hr	35min Hr	30min Hr	25min Hr	DAY OFF
FRI REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	15min Z1
SAT RECOVERY	70min Z1	50min Z1	70min Z1	80min C	60min C	80min C	50min C	SCSM 10K
SUN REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF

10KM TRAINING GLOSSARY

Intensities	Specifics
Z1 = Zone 1: Easy Run at an Easy effort or ideally to your Easy heart rate zone.	**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. Add reps as the weeks pass.
Z2 = Zone 2: Steady Run at a Steady effort or ideally to your Steady heart rate zone.	**Hi = Hills** Run zone 2 over a course of rolling hills.
Z3 = Zone 3: Mod Hard Run at a Mod Hard effort or ideally to your Mod Hard pace zone.	**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.
Z4 = Zone 4: Hard Run at a Hard effort or ideally to your Hard pace zone.	**Sp = Speed** Run 3 - 5 x 2 minutes Zone 4 in the middle of your run. Add 1 rep per week. Run Zone 1 for 1 minutes between each rep.
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. 1. Lactate Testing. Read, **A Simple Guide To Lactate Testing**. 2. FTPa Testing. Read, **Why Functional Threshold Pace Testing Is Useful (And How To Do It)**	**T = Tempo** Run 3 x 5 minutes Zone 3 in the middle of your run. Run 2 minutes Zone 1 between each rep. **C = Course** Run Zone 1 or Zone 2 over part of the racecourse or a terrain similar to the racecourse.

HALF MARATHON

Coached	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
MON ENDURANCE	40min Z2	45min Z2	50min Z2	40min Z2	55min Z2	60min Z2	50min Z2	65min Z2
TUE SPEED	30min A	30min A	30min A	30min A	40min A	40min A	30min A	50min A
WED REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
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 LONG	45min Z1	60min Z1	75min Z1	45min Z1	75min Z1	90min Z1	60min Z1	90min Z1
SUN REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF

Coached	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
MON ENDURANCE	70min Z2	60min Z2	75min Z2	60min Z2	50min Z2	40min Z2	30min Z2	DAY OFF
TUE SPEED	50min T	40min T	60min T	50min T	45min Sp	50min Sp	45min Sp	40min Sp
WED REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	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	105min Z1	75min Z1	105min Z1	120min C	90min C	120min C	80min C	15min Z1
SUN LONG	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	**SCSM HALF MARATHON**

HALF MARATHON TRAINING GLOSSARY

Intensities	Specifics
Z1 = Zone 1: Easy Run at an Easy effort or ideally to your Easy heart rate zone.	**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. Add reps as the weeks pass.
Z2 = Zone 2: Steady Run at a Steady effort or ideally to your Steady heart rate zone.	**Hi = Hills** Run Zone 2 over a course of rolling hills.
Z3 = Zone 3: Mod Hard Run at a Mod Hard effort or ideally to your Mod Hard pace zone.	**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.
Z4 = Zone 4: Hard Run at a Hard effort or ideally to your Hard pace zone.	**Sp = Speed** Run 2 - 5 x 3 minutes Zone 4 in the middle of your run. Add a rep each week. Run Zone 1 for 1.5 minutes between each rep.
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. 1. Lactate Testing. Read, **A Simple Guide To Lactate Testing**. 2. FTPa Testing. Read, **Why Functional Threshold Pace Testing Is Useful (And How To Do It)**	**T = Tempo** Run 25 minutes Zone 3 in the middle of your run. **C = Course** Run Easy or Steady over part of the racecourse or a terrain similar to the racecourse.

MARATHON

Coached	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
MON ENDURANCE	40min Z2	45min Z2	50min Z2	40min Z2	55min Z2	60min Z2	50min Z2	65min Z2
TUE SPEED	30min A	30min A	40min A	30min A	40min A	40min Sp	30min Sp	50min Sp
WED REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
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 LONG	45min Z1	60min Z1	75min Z1	45min Z1	90min Z1	105min Z1	75min Z1	120min Z1
SUN REST	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
MON REST	70min Z2	60min Z2	75min Z2	60min Z2	50min Z2	40min Z2	30min Z2	DAY OFF
TUE SPEED	50min Sp	40min T	50min T	50min T	55min T	60min T	35min A	30min A
WED ENDURANCE	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	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 LONG	135min Z1	105min Z1	150min Z1	165min C	135min C	150min C	90min C	15min Z1
SUN REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	**SCSM MARATHON**

14-DAY FREE COACHING TRIAL: WWW.COACHED.FITNESS

MARATHON TRAINING GLOSSARY

Intensities	Specifics
Z1 = Zone 1: Easy Run aat an Easy effort or ideally to your Easy heart rate zone.	**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.
Z2 = Zone 2: Steady Run at a Steady effort or ideally to your Steady heart rate zone.	**Hi = Hills** Run Zone 2 over a course of rolling hills.
Z3 = Zone 3: Mod Hard Run at a Mod Hard effort or ideally to your Mod Hard pace zone.	**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.
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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 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 and training questions you might have that we can provide further advice on.

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Coach Ben