Coached

TRAINING

INTERMEDIATE RUNNERS

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10k, half marathon, and marathon training plans for
INTERMEDIATE RUNNERS.

INTRODUCTION

Introduction

Thanks for downloading this training plan to help you prepare for the Standard Chartered Singapore Marathon. We've designed this programme to progressively build your fitness and get you ready for race day.

Please note this is a **generic plan.** Since we don't know your background, fitness level, or schedule, treat this as a flexible guide rather than a personalised prescription.

About Coached. The Official Coaching Partner

Coached is an online training programme that helps you optimise, track, and enjoy your training with personalised support.

If you're looking for more structure and personalisation, we invite you to **start a 14-day free trial** of our online coaching.

During the trial, you'll receive a tailored training plan for SCSM, heart rate and pace training zones, and a 20-minute video call to review your goals and set you up for success.

Ready For A Smarter Way to Train?

More support. More personalisation. Better results.

Take your running to the next level with the support of experienced coaches.

✓ 20-minute Zoom kickoff call with a coach.

✓ Personalised training plan for SCSM.

✓ Heart rate & pace-based guidance for every session.

✓ Unlimited email and in-app messaging with real coaches.

✓ Easy-to-follow daily sessions.

✓ Community calls and educational resources.

Start your free trial today and run with confidence!

LET'S DO IT
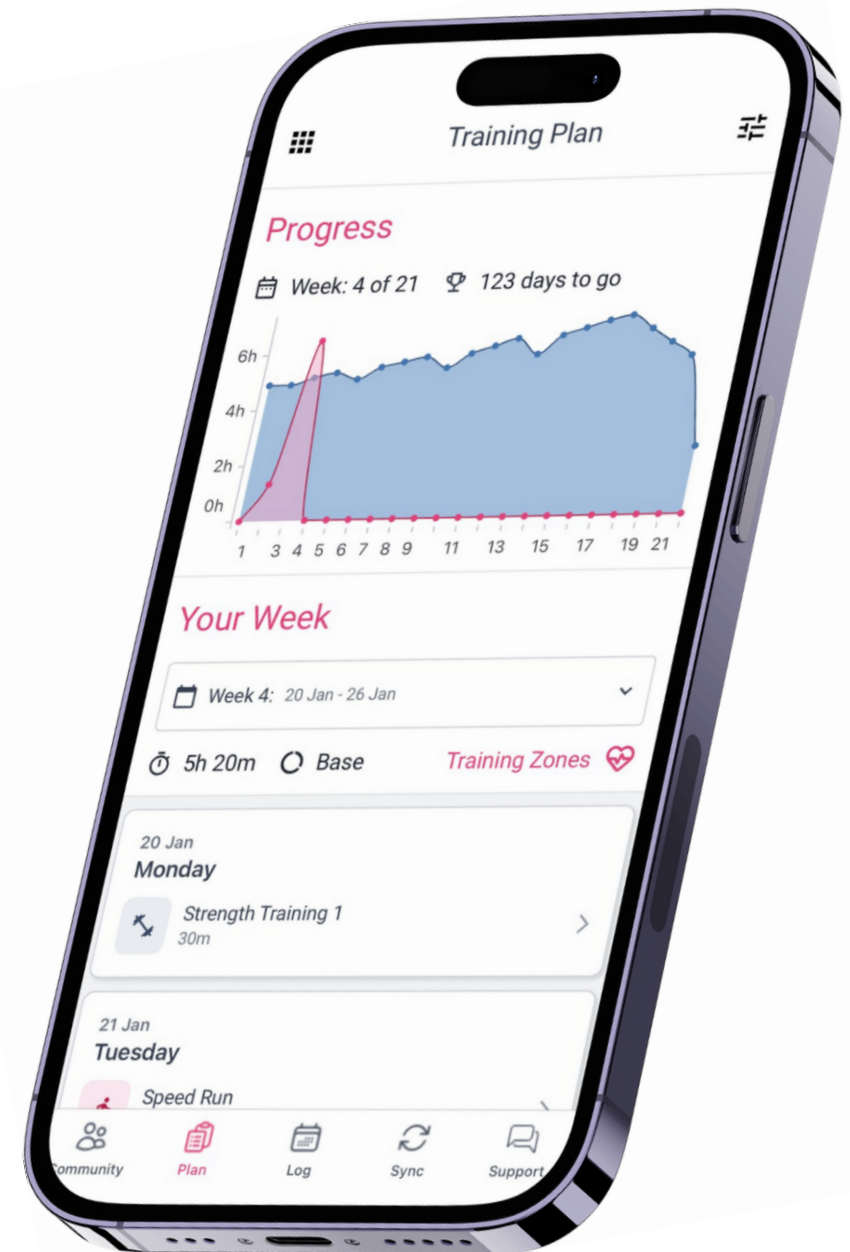
ADDITIONAL READING

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**

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	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 T	30min T	50min T	40min T	35min Sp	35min Sp	30min Sp	30min 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	30min A
FRI REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
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	15min Z1
SUN LONG	70min Z1	50min Z1	70min Z1	80min C	60min C	80min C	60min C	**SCSM 10k**

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

10KM TRAINING GLOSSARY

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Intensities	Specifics
Z1 = Zone 1: Easy Run at an Easy effort or ideally to your Easy heart rate zone. **Z2 = Zone 2: Steady** Run at a Steady effort or ideally to your Steady heart rate zone. **Z3 = Zone 3: Mod Hard** Run at a Mod Hard effort or ideally to your Mod Hard pace zone. **Z4 = Zone 4: Hard** Run at a Hard effort or ideally to your Hard pace zone. **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)**	**A = Accelerations** 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. **Hi = Hills** Run zone 2 over a course of rolling hills. **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. **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. **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 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 T	40min T	60min T	50min T	50min Sp	40min Sp	50min Sp	40min Sp
WED ENDURANCE	70min Z2	60min Z2	75min Z2	60min Z2	50min Z2	40min Z2	30min Z2	20min A
THU HILLS	50min Hi	40min Hi	60min Hr	50min Hr	45min Hr	40min Hr	35min 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	60min Z1	75min Z1	60min Z1	45min Z1	40min Z1	35min Z1	**SCSM HALF MARATHON**
SUN LONG	105min Z1	75min Z1	105min Z1	120min C	90min C	120min C	80min C	DAY OFF

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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 3 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.
Z4 = Zone 4: Hard Run at a Hard effort or ideally to your Hard pace zone.	**Sp = Speed** Run 3 - 6 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 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 Sp	30min Sp	50min Sp
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 Sp	40min T	60min T	50min T	45min T	40min T	35min A	30min A
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 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	60min Z1	75min Z1	60min C	50min C	40min C	30min C	15min Z1
SUN LONG	135min Z1	105min Z1	150min Z1	165min C	135min C	150min C	90min C	**SCSM MARATHON**

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.
Z4 = Zone 4: Hard Run at a Hard effort or ideally to your Hard pace zone.	**Sp = Speed** Run 3 - 6 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 20 - 40 minutes Zone 3 in the middle of your run. **C = Course** Run Zone 1 or Zone 2 over part of the racecourse or a terrain similar to the racecourse.

Training is good.
Precision training is better.

Everything changes when your training is built around you.

✓**Lactate Testing:** Discover your true training zones and improve your pacing and performance with accurate, lab-measured data.

✓**Metabolic Testing:** Learn how your body uses fat and carbohydrates at different intensities so you can train and fuel more efficiently.

✓ **Sweat Testing:** Identify your personal sodium loss rate and build a hydration strategy to avoid cramps, fatigue, and underperformance.

✓**Running-Specific Strength Training:** Build a strong, injury-resistant body with strength sessions designed to support running economy and performance.

LEARN MORE

Coached

Thank You

Thanks for reading this guide. We hope these training plans support your preparation for the race.

If you'd like help with your training or want to learn more about your physiology - such as your VO_2max, lactate threshold, or energy utilisation - feel free to get in touch at hello@coached.fitness.

For more training advice and insights, visit www.coached.fitness.

Best of luck with your training—and don't hesitate to reach out if you have any questions!

- Coach Ben