

Coached

TRAINING

BEGINNER RUNNERS

10k, half marathon, and marathon training plans for
BEGINNER 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?

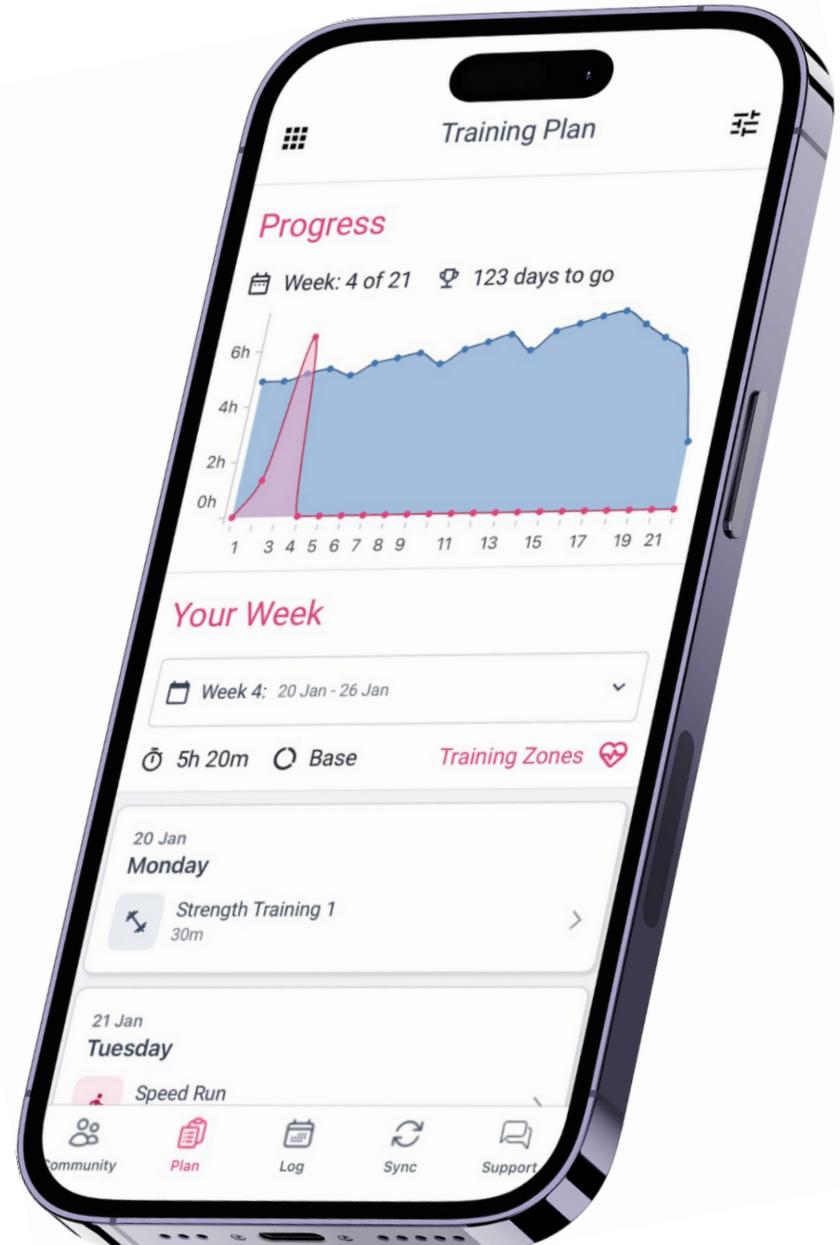
More support. More personalisation. Better results.

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	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	30min 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	20min A
FRI REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
SAT LONG	70min Z1	50min Z1	70min Z1	80min C	60min C	80min C	60min C	15min Z1
SUN REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	SCSM 10k

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

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 1 to 6 x 20 seconds reps with 40 second Zone 1 jog between. Add reps as the weeks pass.</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>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> <ul style="list-style-type: none"> 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) 	<p>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.</p> <p>T = Tempo Run 3 x 5 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 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
	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	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	105min Z1	75min Z1	105min Z1	120min C	90min C	120min C	80min C	SCSM HALF MARATHON
SUN LONG	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF

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

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>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.</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>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> <p>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)</p>	<p>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.</p> <p>T = Tempo Run 25 minutes Zone 3 in the middle of your run.</p> <p>C = Course Run Easy or Steady 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 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

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>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 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.</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> <ul style="list-style-type: none"> 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) 	<p>T = Tempo Run 20 - 40 minutes Zone 3 in the middle of your run.</p> <p>C = Course Run Zone 1 or Zone 2 over part of the racecourse or a terrain similar to the racecourse.</p>

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 VO₂max, 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