

you've just stepped ^{into} jamie's loft



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16 Weeks To Go by Jamie Pang

The 1023s is handling the bulk of the footwear duties. Some changes were made to my eating habits - eating smaller portions but more frequently.

The first stage of the marathon, according to adidas, is "Ritual". Kamal Jabbour has a [nice take](#) on this subject. At this stage of my training, it's stringing the runs in week in week out, building a ritual that will hopefully take me from a 40K/week diet to 65K/week mileage feast. I've also slotted a few key races along the way - more of that in the coming weeks.

Following Bob Glover's [Competitive Runner's Handbook](#) program, training for this week is still 5 dpw. Total mileage is targeted at about 51.2K. Longest run is 15K.

This week's menu:

Base Building Phase

Day	Planned Workout	Actual
Mon	Off	Off
Tue	6.4K	5.2K (3 x 1K Intervals)
Wed	9.6K	10.4K (ran my last 2 laps with Arnaud - London Marathon PR 3:31 - who was in town). Total time: 1:06.33
Thu	Off	Off
Fri	5K	Off
Sat	5K	Off
Sun	15K	14K. Excellent run. Read about it here
TOTAL	41K	29.6K



Arnaud and I after the run



PM16 Farewell Lunch: PM18, PM5, PM1, PM16, PM3 contented after some KFC feeding



New inductee into **Team Der_Pacemaker** PM18 posing with PM5 and PM1



Now y'all remember what I told you!: PM16 dishing out some last minute advice

More on Singapore Marathon training:

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