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18 Weeks To Go by Jamie Pang

The invitation came in just as I was giving up. I had given it until end of the week before proceeding with the registration. So it was a surprise to find it in my mailbox last Saturday.

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The invite in question is the [Singapore Marathon](#) postcard (click on picture to the right of this page) containing the discount code for returning runners - 15% on top of the early bird offer. All in all, I paid SGD29.75 (that's nearly MYR66) via the efficient online registration process.

With this commitment, there's no turning back. If my plan to run a sub-5 is to come true, it's time to dig in after spending last week getting into the groove. Training for this week is 5 dpw. Total mileage is targeted at about 45K. Longest run is 15K.

This week's menu:

Base Building Phase

Day	Planned Workout	Actual
Mon	Off	6.5K
Tue	6.4K	6.5K
Wed	9.6K	10.4K
Thu	6.4K	Off
Fri	Off	X-Train @ gym. Ran & bike for 45 mins
Sat	6.4K	Off
Sun	15K	Off - food poisoning
TOTAL	43.8K	28.4K

More on Singapore Marathon training:

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