

RewriteEngine on

RewriteRule ^post/([0-9]{4})/([0-9]{2})/([0-9]{2})/([^\./]+)\$ index.php?
mode=single&name=\$1-\$2-\$3-\$4

RewriteRule ^page/([0-9]+)\$ index.php?mode=list&page=\$1

RewriteRule ^(posts)/? - [F,L,NC]