



MARATHON MEDIC

Doctor & Running Coach

Half Marathon Flexi-Plan Template

Week Beginning: ____/____/____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Speed Session		Hill Session

FRIDAY	SATURDAY	SUNDAY
	Recovery Run	Easy Long Run

My Motivations:

My Goals:

My Barriers:



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Week Beginning: ___/___/___

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Speed Session		Recovery Run

FRIDAY	SATURDAY	SUNDAY
		Advanced Long Run

My Motivations:

My Goals:

My Barriers:
