



MARATHON MEDIC

Doctor & Running Coach

My Flexi-Plan: Beginner Level 1

Week ONE: ___/___/___

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min gentle walk, 5 min brisk walk, repeated until 25 minutes completed	Rest	4 min walk, 1 min run, repeated until 25 minutes completed

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	5 min gentle walk, 5 min brisk walk, repeated until 25 minutes completed

My Motivations:

My Goals:

My Barriers:



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Week TWO: ___/___/___

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	4 min walk, 1 min run, repeated until 30 minutes completed	Rest	5 min walk, 2 min run, repeated until 28 minutes completed

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	5 min walk, 1 min run, repeated until 30 minutes completed

My Motivations:

My Goals:

My Barriers:



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Week THREE: ___/___/___

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min walk, 2 min run, 4 min walk, 3 min run, 4 min walk, 4 min run, 5 min walk	Rest	5 min walk, 2 min run, repeated until 28 minutes completed

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	4 min walk, 2 min run, repeated until 30 minutes completed

My Motivations:

My Goals:

My Barriers:



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Week FOUR: ___/___/___

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min walk, then [2 min run, 2 min walk] x 5, then 5 min walk	Rest	5 min walk, then [4 min run, 2 min walk] x 4, then 5 min walk

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	5 min walk, 6 min run, 5 min walk, 6 min run, 5 min walk

My Motivations:

My Goals:

My Barriers:



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Week FIVE: ___/___/___

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	3 min walk, 2 min run, 2 min walk, 4 min run, 2 min walk, 6 min run, 2 min walk, 4 min run, 2 min walk, 2 min run, 3 min walk	Rest	3 min walk, 5 min run, repeated until 32 minutes completed

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	5 min walk, 10 min run, 5 min walk, 10 min run, 5 min walk

My Motivations:

My Goals:

My Barriers:



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Week SIX: ___/___/___

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min walk, then [10 min run, 2 min walk] x 3, then 5 min walk	Rest	5 min walk, then [5 min run, 1 min walk] x 5, then 5 min walk

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	5 min walk, 15 min run, 5 min walk, 15 min run, 5 min walk

My Motivations:

My Goals:

My Barriers:



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Week SEVEN: ___/___/___

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	3 min walk, 12 min run, 1 min walk, 12 min run, 3 min walk	Rest	5 min walk, 20 min run, 5 min walk

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	5 min walk, 15 min run, 5 min walk, 15 min run, 5 min walk

My Motivations:

My Goals:

My Barriers:



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Week EIGHT: ___/___/___

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min walk, 20 min run, 5 min walk, 10 min run, 5 min walk	Rest	3 min walk, 10 min run, 2 min walk, 15 min run, 2 min walk, 10 min run, 3 min walk

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	5 min walk, 25 min run, 5 min walk

My Motivations:

My Goals:

My Barriers:



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Week NINE: ___/___/___

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min walk, 20 min run, 3 min walk, 15 min run, 5 min walk	Rest	3 min walk, 10 min run, 2 min walk, 15 min run, 2 min walk, 10 min run, 3 min walk

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	5 min walk, 30 min run, 5 min walk

My Motivations:

My Goals:

My Barriers:



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Week TEN: ___/___/___

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min walk, 25 min run, 5 min walk	Rest	5 min walk, 20 min run, 2 min walk, 15 min run, 5 min walk

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	5 min walk, 40 min run, 5 min walk

My Motivations:

My Goals:

My Barriers:
