



MARATHON MEDIC

Doctor & Running Coach

Marathon Flexi-Plan Template

Week Beginning: ___/___/___

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Speed Session		Recovery Run

FRIDAY	SATURDAY	SUNDAY
Easy Long Run		Easy Long Run

My Motivations:

My Goals:

My Barriers:



MARATHON MEDIC

Doctor & Running Coach

Marathon Flexi-Plan Template

Week Beginning: ___/___/___

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Speed Session		Hill Session

FRIDAY	SATURDAY	SUNDAY
	Recovery Run	Advanced Long Run

My Motivations:

My Goals:

My Barriers:
