



# MARATHON MEDIC

Doctor & Running Coach

## 10km Flexi-Plan Template

Week Beginning: \_\_\_/\_\_\_/\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Speed Session		Hill Session

FRIDAY	SATURDAY	SUNDAY
		Recovery Run

### My Motivations:

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### My Goals:

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### My Barriers:

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## 10km Flexi-Plan Template

Week Beginning: \_\_\_/\_\_\_/\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Speed Session		Recovery Run

FRIDAY	SATURDAY	SUNDAY
		Easy Long Run

### My Motivations:

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### My Goals:

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### My Barriers:

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