



# MARATHON MEDIC

Doctor & Running Coach

My Flexi-Plan: Beginner Level 2

Week ONE: \_\_\_/\_\_\_/\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min walk, 8 min easy run, 1 min walk, 8 min easy run, 5 min walk	Rest	5 min walk, 16 min easy run, 5 min walk

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	5 min walk, 10 min easy run, 2 min walk, 5 min easy run, 2 min walk, 10 min easy run, 5 min walk

**My Motivations:**

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**My Goals:**

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**My Barriers:**

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Week TWO: \_\_\_/\_\_\_/\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min walk, 10 min easy run, 1 min walk, 10 min easy run, 5 min walk	Rest	5 min walk, 18 min easy run, 5 min walk

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	5 min walk, 20 min easy run, 5 min walk

**My Motivations:**

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**My Goals:**

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**My Barriers:**

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Week THREE: \_\_\_/\_\_\_/\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min walk, 15 min easy run, [1 min hard run, 1 min walk] x 5, 5 min walk	Rest	5 min walk, 20 min easy run, 5 min walk

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

**My Motivations:**

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**My Goals:**

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**My Barriers:**

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Week FOUR: \_\_\_/\_\_\_/\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min walk, 15 min easy run, [2 min hard run, 1 min walk] x 4, 5 min walk	Rest	5 min walk, 25 min fartlek run (easy pace with faster spurts), then 5 min walk

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

**My Motivations:**

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**My Goals:**

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**My Barriers:**

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Week FIVE: \_\_\_/\_\_\_/\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min walk, 20 min easy run, [2 min hard run, 1 min walk] x 4, 5 min walk	Rest	5 min walk, 20 min easy run, [1 min uphill, walk down] x 6, 5 min walk

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	5 min walk, 35 min easy run, 5 min walk

**My Motivations:**

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**My Goals:**

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**My Barriers:**

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# MARATHON MEDIC

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My Flexi-Plan: Beginner Level 2

Week SIX: \_\_\_/\_\_\_/\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min walk, 25 min easy run, 6 x strides (80% effort), 5 min walk	Rest	5 min walk, 15 min easy run, 5 min hard run, 5 min easy run, 5 min walk

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

**My Motivations:**

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**My Goals:**

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**My Barriers:**

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# MARATHON MEDIC

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My Flexi-Plan: Beginner Level 2

Week SEVEN: \_\_\_/\_\_\_/\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min walk, 10 min easy run, 10 min hard run, 10 min easy run, 5 min walk	Rest	5 min walk, 20 min easy run, [1.5 min uphill, walk down] x 5, 5 min easy run, 5 min walk

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	5 min walk, 45 min easy run, 5 min walk

My Motivations:

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My Goals:

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My Barriers:

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# MARATHON MEDIC

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My Flexi-Plan: Beginner Level 2

Week EIGHT: \_\_\_/\_\_\_/\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rest	5 min walk, 35 min easy run, 5 min walk	Rest	5 min walk, 20 min easy run, [1 min hard run, 1 min easy run] x 5, 5 min walk

FRIDAY	SATURDAY	SUNDAY
Rest	Rest	5 min walk, 50 min run, 5 min walk

**My Motivations:**

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**My Goals:**

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**My Barriers:**

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