

RUNNING PROGRAMME

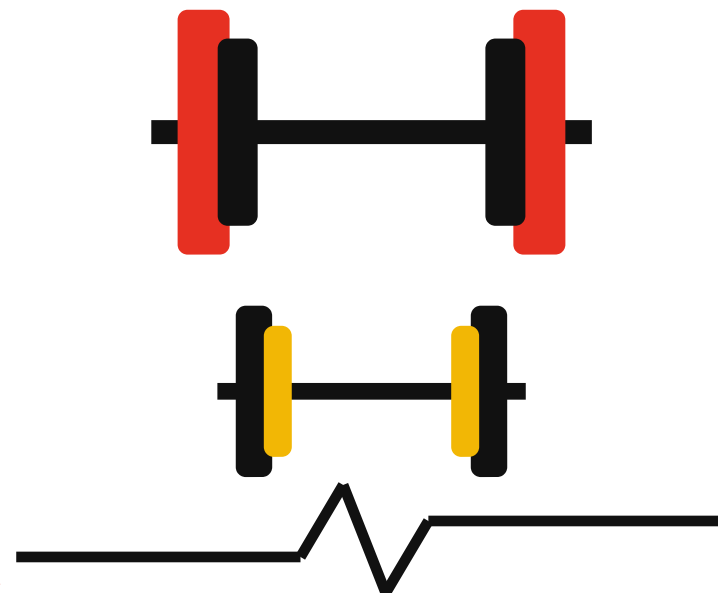
21K

Marathon

Training Plan

From 5K to your first half marathon in 16 weeks

Coach Name · Running club, Pune · +91 90000 00000



Agenda

O1

Why us

O2

Training

O3

Progress

O4

Join



**Every finish line
starts with one
easy run.**

Our promise

Why train with us

16

weeks

4

runs a week

21.1 km

goal distance

Sample figures for illustration.

Programmes

1

Easy runs

Build your aerobic base.

2

Long run

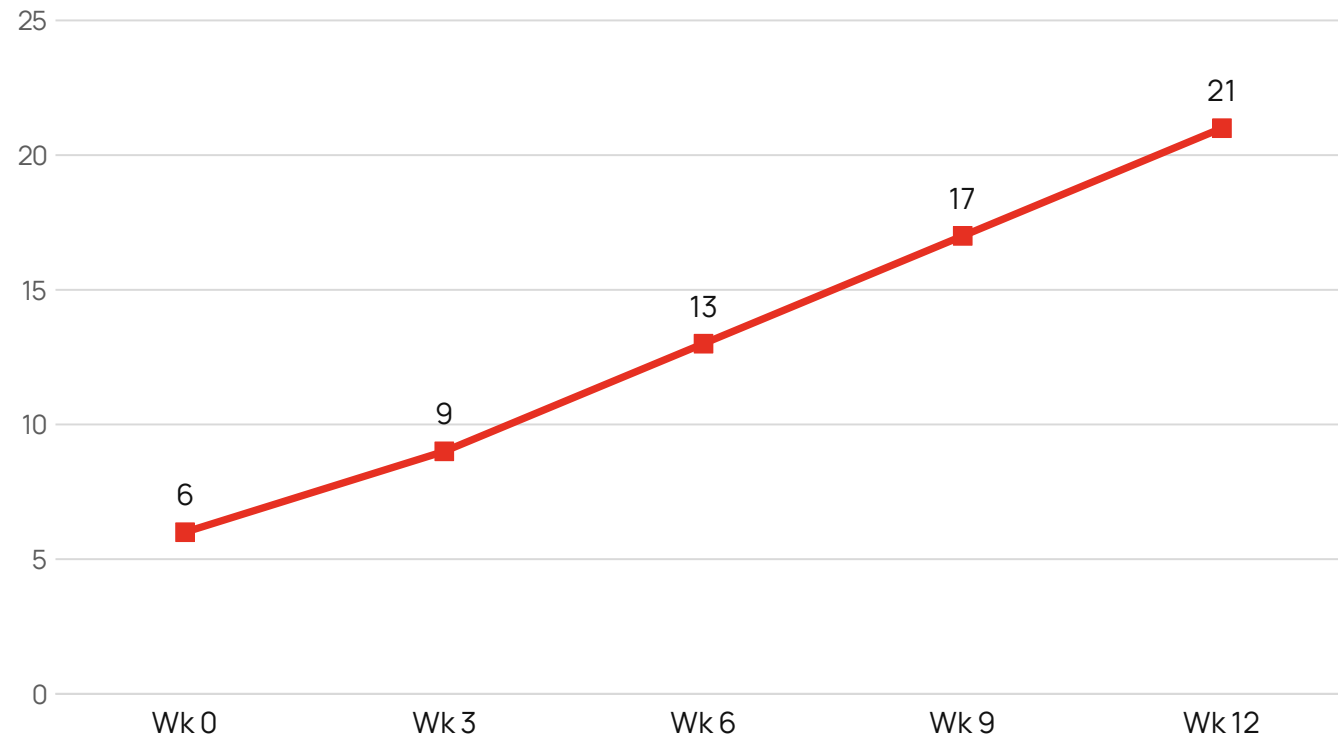
One longer run each weekend.

3

Strength

Two short sessions a week.

Progress over 12 weeks



Typical progress of a member
(sample data).

Sample data for illustration – replace with your own figures.

Myth vs fact

Myth

- ✓ You must run every day
- ✓ Stretching prevents all injuries
- ✓ Carb-loading means eating a lot

Fact

- Rest days build fitness
- Strength work matters more
- Small, smart carb increases

Membership plans

Plan	Includes	Price
Plan only	16-week PDF plan	₹ 999
Club	Plan + group runs	₹ 3,500
Coached	Personal plan + check-ins	₹ 7,500

Indicative pricing.

“

*I could not run 2 km in
January. I finished my half
in May.*

A MEMBER (PLACEHOLDER TESTIMONIAL)

Your first session is on us

Book a free trial today.

+91 90000 00000

hello@yourdomain.in

