

RUNNING PROGRAMME

Marathon Training Plan

From 5K to your first half marathon in 16 weeks

COACH

Coach Name

LOCATION

Running club, Pune

JOIN

+91 90000 00000



Agenda

- 01 Why us
- 02 Training
- 03 Progress
- 04 Join



Image



**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

01

Easy runs

Build your aerobic base.

02

Long run

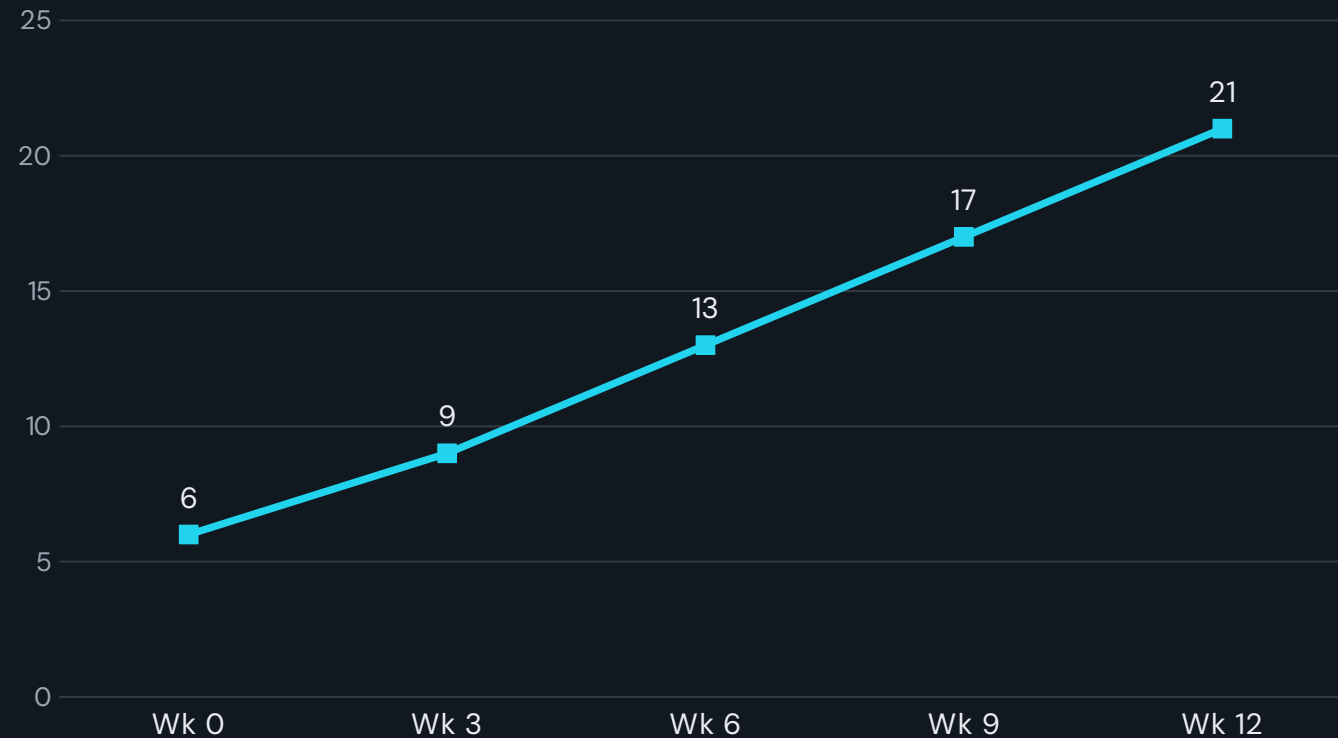
One longer run each weekend.

03

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.

Coaches



Photo

Coach Anil

HEAD COACH

Marathoner, 12 years.



Photo

Coach Ruchi

COACH

Strength and injury prevention.



Photo

Pace team

GROUP LEADS

Weekend pace groups.

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

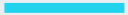
Membership plans

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.

Start today

- Book a gait check
- Get your plan
- Join a Sunday group run
- Log every run



Your first session is on us

Book a free trial today.

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