



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

KEY IDEA

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.

Weekly plan

Day	Focus	Duration
Tue	Easy run	30–40 min
Thu	Intervals	35 min
Sun	Long run	60–120 min

Adjust load to your level.

How it works



Base

Weeks 1–4



Build

Weeks 5–10



Peak

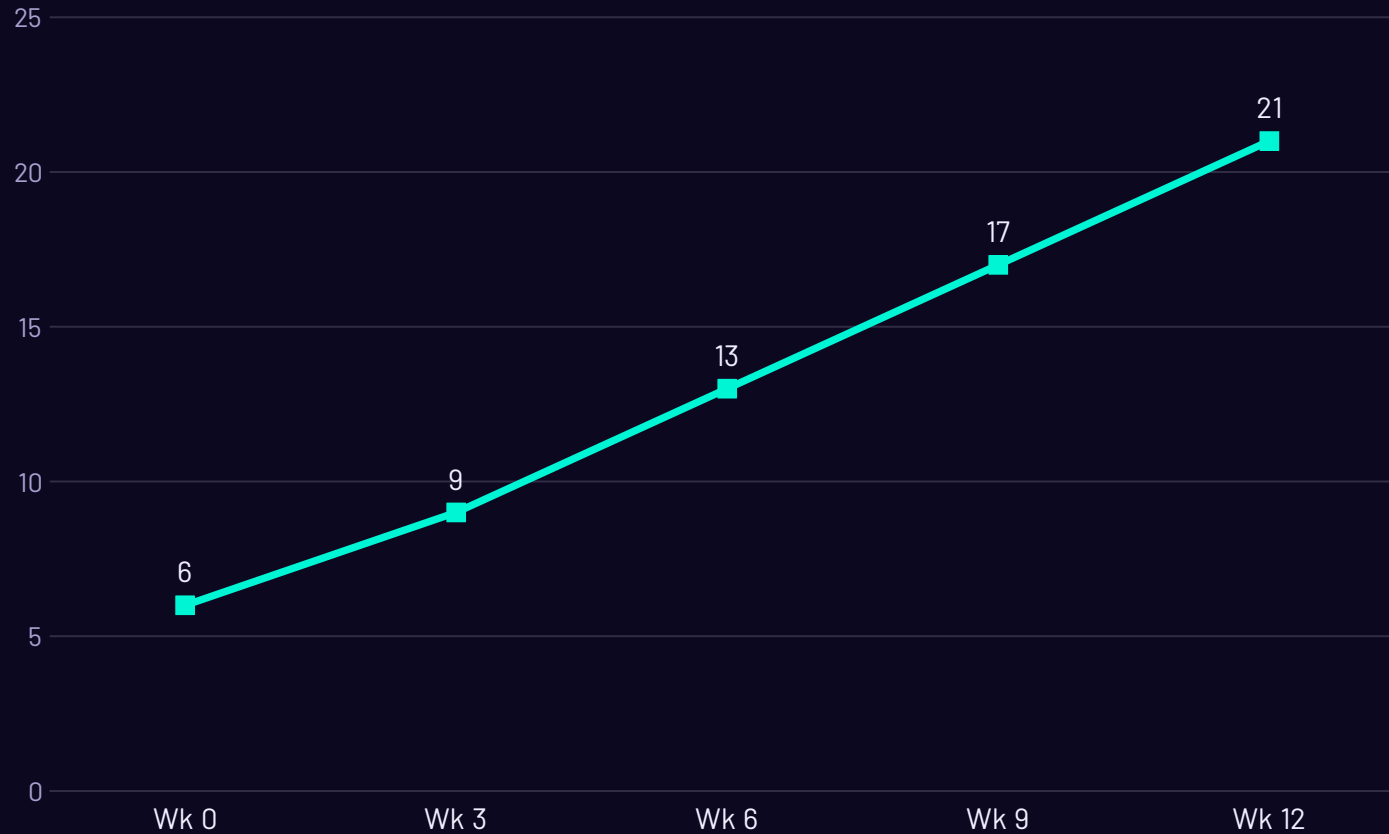
Weeks 11–14



Taper

Weeks 15–16

Progress over 12 weeks



Typical progress of a member
(sample data).

Sample data for illustration — replace with your own figures.

Coaches



Coach Anil
HEAD COACH

Marathoner, 12 years.



Coach Ruchi
COACH

Strength and injury prevention.



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.



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

— A member (placeholder testimonial)

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.

+91 90000 00000

hello@yourdomain.in

