

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Date]

[Coach's Name]
[Coach's Address]
[City, State, Zip Code]

Dear [Coach's Name],

I hope this message finds you well. I am writing to discuss my goals for the upcoming marathon and seek your guidance on how best to achieve them. As you know, I have been training diligently over the past few months, and I am excited to set some specific targets. My primary goal for the marathon is to complete it in under [time goal, e.g., 4 hours].

Additionally, I would like to improve my [specific area you want to focus on, e.g., endurance, speed] and feel confident during the race.

I would appreciate it if we could schedule a time to review my current training plan and make any necessary adjustments. Your insights and expertise would be invaluable as I prepare for this challenge.

Thank you for your support. I am looking forward to hearing from you soon.

Best regards,

[Your Name]

[Your Contact Information]