



MISSISSIPPI
GULF COAST MARATHON

race: 5-week program

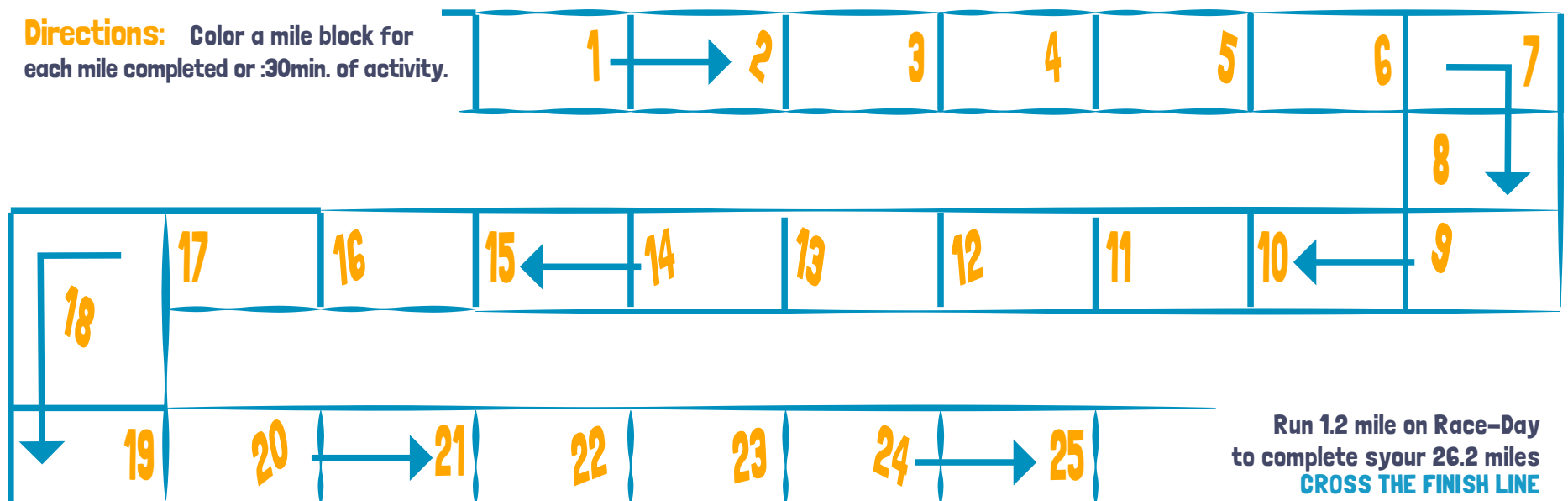
Directions: Use this chart to guide your race program.

WEEK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1		1	.75	1	1	OFF	.5	OFF	4.25
2		1	1.25	1	1	OFF	.75	OFF	5
3		1	1.25	1	1	.5	.75	OFF	5.5
4		1.25	1.25	1	1.75	.5	.75	OFF	6.5
5		1	.75	1	1	OFF	1.2	OFF	4.95
		5.25	5.25	5	5.75	1	3.95	OFF	26.2
									26.2

Use this chart to track your performance by distance run or by :30 minutes of daily activity (equals a mile).

WEEK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1									
2									
3									
4									
5									

Directions: Color a mile block for each mile completed or :30min. of activity.



Run 1.2 mile on Race-Day to complete your 26.2 miles
CROSS THE FINISH LINE