



MISSISSIPPI
GULF COAST MARATHON

race: 7-week program

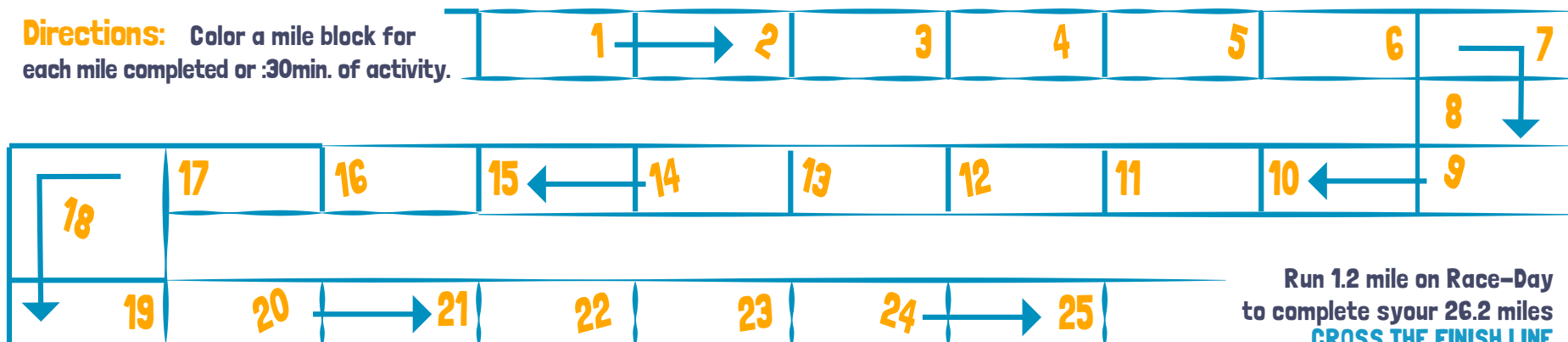
Directions: Use this chart to guide your race program.

| WEEK | DATE | MON | TUE | WED | THU | FRI | SAT | SUN | TOTAL |
|------|------|------|-----|-----|-----|-----|-----|-----|-------|
| 1 | | .5 | OFF | .5 | .5 | OFF | .5 | OFF | 2 |
| 2 | | .5 | .5 | .5 | .5 | OFF | .75 | OFF | 2.75 |
| 3 | | .5 | .75 | .5 | .75 | OFF | .75 | OFF | 3.25 |
| 4 | | .5 | .75 | .75 | .75 | OFF | 1 | OFF | 3.75 |
| 5 | | .75 | 1 | .75 | 1 | OFF | 1 | OFF | 4.5 |
| 6 | | .75 | 1 | .75 | 1 | OFF | 1 | OFF | 4.5 |
| 7 | | .75 | 1 | .75 | 1 | .75 | OFF | 1.2 | 5.45 |
| | | 4.25 | 5 | 4.5 | 5.5 | .75 | 5 | 1.2 | 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 | | | | | | | | | |
| 6 | | | | | | | | | |
| 7 | | | | | | | | | |
| | | | | | | | | | |

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