



MISSISSIPPI  
GULF COAST MARATHON

# race: 8-week program

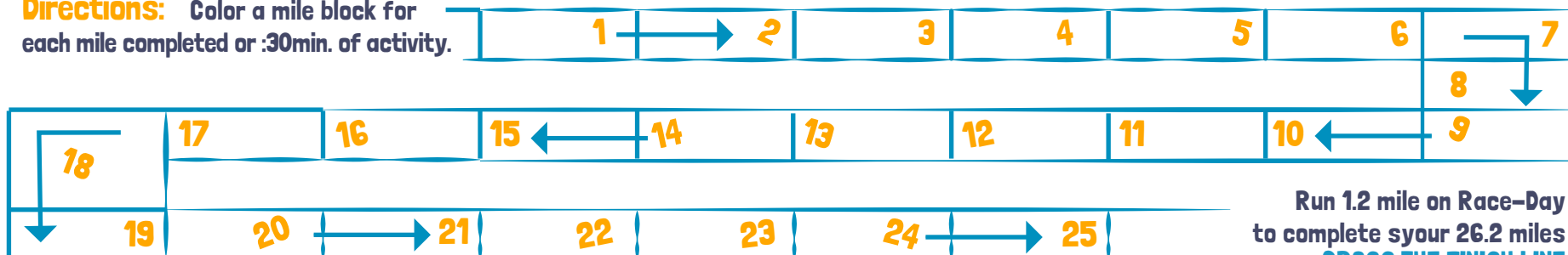
**Directions:** Use this chart to guide your race program.

WEEK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1		.5	.5	OFF	.5	OFF	.5	OFF	2
2		.5	.5	.5	.5	OFF	.5	OFF	2.5
3		.5	.5	.5	.5	OFF	.5	OFF	2.5
4		.5	.5	.5	.75	OFF	.5	OFF	2.75
5		.5	.75	.5	.75	OFF	.75	OFF	3.25
6		.5	1	.5	1	OFF	1	OFF	4
7		.5	1	.5	1	OFF	1	OFF	4
8		.5	1	.75	1	.75	OFF	1.2	5.2
		4	5.75	3.75	6	.75	4.75	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									
8									

**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**