



MISSISSIPPI  
GULF COAST MARATHON

# race: 9-week program

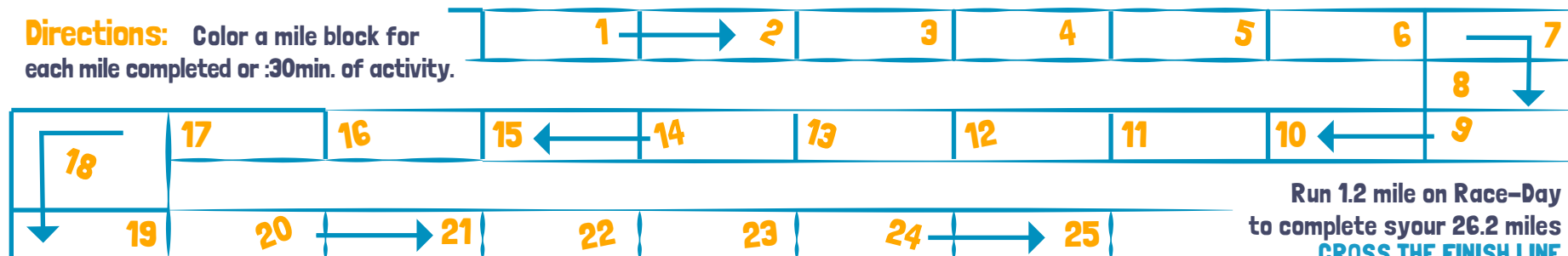
**Directions:** Use this chart to guide your race program.

WEEK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1		.5 MILE	OFF	.5	.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	.75	.5	.75	OFF	.5	OFF	3
5		.5	.75	.5	.75	OFF	.75	OFF	3.25
6		.5	.75	.5	.75	OFF	1	OFF	3.5
7		.5	.75	.5	.75	OFF	1	OFF	3.5
8		.5	.75	.5	.75	OFF	1	OFF	3.5
9		.5	.5	.25	OFF	OFF	1.2	--	2.45
									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									
9									

**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**