



MISSISSIPPI
GULF COAST MARATHON



LOUISIANA
MARATHON



8 Week Quarter Marathon Training Plan

| WEEK | MON | TUE | WED | THU | FRI | SAT | SUN |
|------|------|-----------|--------------|---------|------|--------------|-----------|
| 1 | Rest | 2.5 m run | 30 min cross | 2 m run | Rest | 40 min cross | 3 m run |
| 2 | Rest | 2.5 m run | 30 min cross | 2 m run | Rest | 40 min cross | 3.5 m run |
| 3 | Rest | 2.5 m run | 35 min cross | 2 m run | Rest | 50 min cross | 4 m run |
| 4 | Rest | 3 m run | 35 min cross | 2 m run | Rest | 50 min cross | 4 m run |
| 5 | Rest | 3 m run | 40 min cross | 2 m run | Rest | 60 min cross | 4.5 m run |
| 6 | Rest | 3 m run | 40 min cross | 2 m run | Rest | 60 min cross | 5 m run |
| 7 | Rest | 3 m run | 45 min cross | 2 m run | Rest | 60 min cross | 5.5 m run |
| 8 | Rest | 3 m run | 30 min cross | 2 m run | Rest | Rest | 10-K Run |

Training Notes