



Principal Financial Group 5K Road Race Beginning Walking Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	easy	rest or cross train	brisk	race pace	rest	long walk	rest
Aug 30	15 minutes	rest	15 minutes	15 minutes	rest	½ mile	rest
Sept 6	15 minutes	rest	15 minutes	15 minutes	rest	½ mile	rest
Sept 13	30 minutes	rest	15 minute warm up 15 minute brisk walk	½ mile	rest	1 mile	rest
Sept 20	30 minutes	rest	15 minute warm up 15 minute brisk walk	1 mile	rest	1½ miles	rest
Sept 27	45 minutes	rest	15 minute warm up 30 minute brisk walk	1½ mile	rest	2 miles	rest
October 4	45 minutes	rest	15 minute warm up 30 minute brisk walk	2 miles	rest	2½ miles	rest
October 11	45 minutes	rest	15 minute warm up 30 minute brisk walk	1½ miles	rest	rest	Principal Financial Group 5K Road Race

This program has been designed with input from *Runner's World*, the Capital Striders and IMT Des Moines Marathon. You are encouraged to consult a physician, physical therapist, and/or personal trainer if you are a beginning or intermediate runner/walker with aspirations of completing a marathon or half marathon. For more information including hydration, nutrition, and additional training tips visit the IMT Des Moines Marathon training page online at www.desmoinesmarathon.com.