



IMT Des Moines Marathon Marathon Training Guide Three Month Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	easy	rest or cross train	hills	race pace marathon	rest	long run marathon	rest
July 19	5 mile	rest	5 mile	6 miles	rest	10 miles	rest
July 26	5 mile	rest	6 miles	6 miles	rest	12 miles	rest
August 2	5 miles	rest	6 miles	7 miles	rest	12 miles	rest
August 9	5 miles	rest	7 miles	7 miles	rest	14 miles	rest
August 16	5 miles	rest	7 miles	7 miles	rest	12 miles	rest
August 23	5 miles	rest	7 miles	8 miles	rest	16 miles	rest
August 30	5 miles	rest	8 miles	8 miles	rest	12 miles	rest
Sept 6	5 miles	rest	9 miles	5 miles	rest	18 miles	rest
Sept 13	5 miles	rest	9 miles	5 miles	rest	12 miles	rest
Sept 20	5 miles	rest	10 miles	5 miles	rest	20 miles	rest
Sept 27	5 miles	rest	8 miles	5 miles	rest	14 miles	rest
October 4	5 miles	rest	6 miles	4 miles	rest	10 miles	rest
October 11	5 miles	rest	4 miles	rest	1 mile	rest	IMT Des Moines Marathon

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.