



## IMT Des Moines Marathon Marathon & Half Marathon Training Guide Four Month Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	easy	rest or cross train	hills	race pace	rest	long run	rest
<b>Week of</b>				<b>marathon/half</b>		<b>marathon/half</b>	
<b>June 21</b>	3 miles	rest	3 miles	4/3 miles	rest	6/3 miles	rest
<b>June 28</b>	3 miles	rest	4 miles	5/3 miles	rest	8/4 miles	rest
<b>July 5</b>	3 miles	rest	4 miles	5/3 miles	rest	10/5 miles	rest
<b>July 12</b>	3 miles	rest	5 miles	6/3 miles	rest	14/7 miles	rest
<b>July 19</b>	3 miles	rest	5 miles	6/3 miles	rest	16/8 miles	rest
<b>July 26</b>	3 miles	rest	6 miles	6/3 miles	rest	10/6 miles	rest
<b>August 2</b>	3 miles	rest	6 miles	7/4 miles	rest	16/8 miles	rest
<b>August 9</b>	3 miles	rest	7 miles	7/4 miles	rest	12/6 miles	rest
<b>August 16</b>	3 miles	rest	7 miles	7/4 miles	rest	18/9 miles	rest
<b>August 23</b>	4 miles	rest	7 miles	8/4 miles	rest	12/6 miles	rest
<b>August 30</b>	4 miles	rest	8 miles	8/5 miles	rest	18/9 miles	rest
<b>Sept 6</b>	4 miles	rest	9 miles	5 miles	rest	20/10 miles	rest
<b>Sept 13</b>	5 miles	rest	9 miles	5 miles	rest	14/7 miles	rest
<b>Sept 20</b>	5 miles	rest	10 miles	5 miles	rest	20/10 miles	rest
<b>Sept 27</b>	5 miles	rest	8 miles	5 miles	rest	12/6 miles	rest
<b>October 4</b>	4 miles	rest	6 miles	4 miles	rest	6/3 miles	rest
<b>October 11</b>	3 miles	rest	4 miles	rest	2 miles	rest	<b>IMT Des Moines Marathon</b>

This program has been designed with input from *Runner's World*, the Capital Striders, and the 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](http://www.desmoinesmarathon.com).