



Capital Striders Summer & Fall Training Group Sponsored by the IMT Des Moines Marathon

Overview

The Capital Striders Summer & Fall Training Group is designed to prepare runners of all skill levels for the fall racing season. Whether you're training for the IMT Des Moines Marathon or Half Marathon, running shorter distances, maintaining a base or just want to meet fellow runners, this training group is for you.

Saturday morning training group runs will follow the IMT Des Moines Marathon & Half Marathon Four Month Training Guide. Routes/maps will be offered each week along with water and Endurance Formula Gatorade. Capital Striders membership and/or IMT Des Moines Marathon registration is encouraged but not required to participate in this Capital Striders Training Group. All participants are asked to sign a waiver of liability.

Four Month Training Guide

Download your copy of the IMT Des Moines Marathon Four Month Training Guide and find additional training resources at <http://www.desmoinesmarathon.com>. Click on the Info page and you will find Training Programs or [e-mail info@desmoinesmarathon.com](mailto:info@desmoinesmarathon.com).

Routes/Maps

Each week routes will coincide with the marathon and half marathon long runs as outlined in the IMT Des Moines Marathon Four Month Training Guide. The distance and elevation changes of the routes will gradually increase from week to week to assist you in your preparation for the marathon or half marathon distance.

To print weekly detailed routes/maps, learn more about the Capital Striders Summer & Fall Training Group and/or to join the Capital Striders visit www.capitalstriders.org. You can also receive the routes/maps by subscribing to the weekly email blast by sending an email to training@capitalstriders.org.

Location

Join the Capital Striders Summer & Fall Training Group every Saturday morning at 7 a.m. beginning June 26th through October 9th at Gray's Lake Park. Take the main park entrance off of Fleur Drive and Gray's Lake Park Road and take the road past the beach parking lot. Follow it all the way back around the lake until you come to the southeast corner parking lot.

Water Stops

Water and Endurance Formula Gatorade will be offered each week at Gray's Lake Park by volunteers from the Capital Striders and IMT Des Moines Marathon. Water will be offered up to mile 14 on the marathon routes. The location of water stops will be as consistent as possible and will be offered at least every four miles along the routes.

Pacers

The IMT Des Moines Marathon and Aspen Athletic Club will provide pacers over the course of the Summer & Fall Training Group. You are welcome to run with the pacers and use them as a resource for training and injury prevention tips.

IMT Des Moines Marathon

526 39th Street | Des Moines, IA 50312
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www.desmoinesmarathon.com



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
Week of				marathon/half		marathon/half	
June 21	3 miles	rest	3 miles	4/3 miles	rest	6/3 miles	rest
June 28	3 miles	rest	4 miles	5/3 miles	rest	8/4 miles	rest
July 5	3 miles	rest	4 miles	5/3 miles	rest	10/5 miles	rest
July 12	3 miles	rest	5 miles	6/3 miles	rest	14/7 miles	rest
July 19	3 miles	rest	5 miles	6/3 miles	rest	16/8 miles	rest
July 26	3 miles	rest	6 miles	6/3 miles	rest	10/6 miles	rest
August 2	3 miles	rest	6 miles	7/4 miles	rest	16/8 miles	rest
August 9	3 miles	rest	7 miles	7/4 miles	rest	12/6 miles	rest
August 16	3 miles	rest	7 miles	7/4 miles	rest	18/9 miles	rest
August 23	4 miles	rest	7 miles	8/4 miles	rest	12/6 miles	rest
August 30	4 miles	rest	8 miles	8/5 miles	rest	18/9 miles	rest
Sept 6	4 miles	rest	9 miles	5 miles	rest	20/10 miles	rest
Sept 13	5 miles	rest	9 miles	5 miles	rest	14/7 miles	rest
Sept 20	5 miles	rest	10 miles	5 miles	rest	20/10 miles	rest
Sept 27	5 miles	rest	8 miles	5 miles	rest	12/6 miles	rest
October 4	4 miles	rest	6 miles	4 miles	rest	6/3 miles	rest
October 11	3 miles	rest	4 miles	rest	2 miles	rest	IMT Des Moines Marathon

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.



**2010 Capital Striders / Des Moines Marathon
Summer / Fall Training Run
Information and Liability Release
June 26 – October 17 2010**

Name: _____

Address: _____ **City:** _____ **State:** _____

Phone Number: _____

E-mail Address: _____

_____ Please add me to the weekly update emails which include maps and other info.

Are you currently a Capital Striders member?

- _____ Yes
- _____ No
- _____ No, but send me information on becoming a member!

Would you be willing to volunteer?

- _____ For a training run water stop
- _____ Any other Capital Striders events

Have you ran a half-marathon or farther before? (13 miles) _____ Which race (s)? _____

What long race are you training for? _____

Average miles per week you've run during the past month? _____ Past year? _____

Have you participated in this program before? _____ When? _____

Have you participated in other marathon training programs? _____ Where? _____

In the consideration of the acceptance of this form, I, for myself, my executors, administrators, and assignees do hereby release and discharge the Capital Striders, Des Moines Marathon, the Cities of Des Moines, West Des Moines, Clive, Urbandale and Windsor Heights, Polk County, The Road Runners Club of America and any and all other sponsors from all claims or damages, demands, actions whatsoever in any manner arising or growing out of my participation in the training program. I attest and verify that I have full knowledge of the risks involved in these events and I am physically fit and trained to participate in these sessions.

Remember, your safety is ultimately your own responsibility!!

Signature _____ Date: _____