



Mercy Live Up Loop Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Easy	Rest or Cross Train	Brisk	Race Pace	Rest	Long Walk	Rest
Week of August 28	2 Miles	Rest	2 Miles	2 Miles	Rest	2 Miles	Rest
September 4	2 Miles	Rest	2 Miles	2 Miles	Rest	2 Miles	Rest
September 11	2 Miles	Rest	3 Miles	2 Miles	Rest	3 Miles	Rest
September 18	2 Miles	Rest	3 Miles	2 Miles	Rest	4 Miles	Rest
September 25	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	Rest
October 2	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	Rest
October 9	3 Miles	Rest	2 Miles	Rest	Rest	Let's Race!	Rest

The IMT Des Moines Marathon encourages you to consult a physician, physical therapist, and/or personal trainer if you are a beginning runner/walker with aspirations of completing a 5 Mile Run.

For more information on joining the official IMT Des Moines Marathon training program through the YMCA of Greater Des Moines visit www.dmyca.org/ygothedistance.

To download additional training guides visit www.desmoinesmarathon.com/about/training.