



Principal 5K Road Race 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 | 15 Minutes | Rest | 15 Minutes | 15 Minutes | Rest | ½ Mile | Rest |
| September 4 | 15 Minutes | Rest | 15 Minutes | 15 Minutes | Rest | ½ Mile | Rest |
| September 11 | 30 Minutes | Rest | 15 Minute Warm Up 15 Minute Brisk Walk | 15 Minutes | Rest | 1 Mile | Rest |
| September 18 | 30 Minutes | Rest | 15 Minute Warm Up 15 Minute Brisk Walk | 1 Mile | Rest | 1½ Miles | Rest |
| September 25 | 45 Minutes | Rest | 15 Minute Warm Up 30 Minute Brisk Walk | 1½ Mile | Rest | 2 Miles | Rest |
| October 2 | 45 Minutes | Rest | 15 Minute Warm Up 30 Minute Brisk Walk | 2 Miles | Rest | 2½ Miles | Rest |
| October 9 | 45 Minutes | Rest | 15 Minute Warm Up 30 Minute Brisk Walk | 1½ Miles | Rest | Rest | Let's Race! |

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 the Principal 5K Road Race.

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

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