



I-35 Challenge Marathon & Half Marathon Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Easy	Rest or Cross train	Hills	Race Pace	Rest	Long Run	Long Run
Division	Marathon/Half		Marathon/Half	Marathon/Half		Marathon/Half	Marathon/Half
Week of							
June 12	3 Miles	Rest	3 Miles	3 Miles	Rest	3 Miles	Rest
June 19	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	Rest
June 26	3 Miles	Rest	4/3 Miles	4/3 Miles	Rest	6 Miles	3 Miles
July 3	5/3 Miles	Rest	5/3 Miles	6/3 Miles	Rest	10/7 Miles	4/3 Miles
July 10	5/3 Miles	Rest	5/3 Miles	6/3 Miles	Rest	12/8 Miles	6/3 Miles
July 17	5/3 Miles	Rest	5/3 Miles	6/4 Miles	Rest	14/7 Miles	6/4 Miles
July 24	5/3 Miles	Rest	6/3 Miles	6/4 Miles	Rest	16/9 Miles	8/4 Miles
July 31	5/3 Miles	Rest	6/3 Miles	7/4 Miles	Rest	14/8 Miles	9/4 Miles
August 7	5/3 Miles	Rest	7/4 Miles	7/4 Miles	Rest	18/9 Miles	10/5 Miles
August 14	5/3 Miles	Rest	7/4 Miles	7/4 Miles	Rest	12/10 Miles	10/5 Miles
August 21	5/3 Miles	Rest	7/4 Miles	8/4 Miles	Rest	18/8 Miles	12/5 Miles
August 28	5/4 Miles	Rest	8/4 Miles	8/4 Miles	Rest	22/9 Miles	14/6 Miles
September 4	5/4 Miles	Rest	9/5 Miles	5 Miles	Rest	18/11 Miles	14/6 Miles
September 11	5/4 Miles	Rest	9/5 Miles	5 Miles	Rest	14/10 Miles	20/6 Miles
September 18	5/4 Miles	Rest	10/5 Miles	5 Miles	Rest	24/13 Miles	20/6 Miles
September 25	5/4 Miles	Rest	8/4 Miles	5 Miles	Rest	18/9 Miles	18/6 Miles
October 2	5/4 Miles	Rest	6/4 Miles	4 Miles	Rest	12/6 Miles	12/4 Miles
October 9	5/3 Miles	Rest	4/3 Miles	Rest	1-2 Miles	Rest	Let's Race!
October 16	Rest	Rest	Rest	Rest	Rest	Let's Race!	Rest

The Waddell & Reed Kansas City Marathon and IMT Des Moines Marathon and encourage you to consult with your personal physician, physical therapist and/or personal trainer before you begin training for the I-35 Challenge. For more information about the I-35 Challenge visit www.desmoinesmarathon.com and click on Marathon and then I-35 Challenge.