



IMT Des Moines Marathon Marathon Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Easy Run	Rest Day or Cross Train	Hills Run	Race Pace	Rest Day	Long Run	Rest Day
Week of May 29	3 Miles	Rest	3 Miles	4 Miles	Rest	6 Miles	Rest
June 4	3 Miles	Rest	4 Miles	5 Miles	Rest	8 Miles	Rest
June 12	3 Miles	Rest	4 Miles	5 Miles	Rest	6 Miles	Rest
June 19	3 Miles	Rest	5 Miles	6 Miles	Rest	9 Miles	Rest
June 26	3 Miles	Rest	5 Miles	6 Miles	Rest	11 Miles	Rest
July 3	3 Miles	Rest	6 Miles	6 Miles	Rest	10 Miles	Rest
July 10	3 Miles	Rest	6 Miles	7 Miles	Rest	14 Miles	Rest
July 17	3 Miles	Rest	7 Miles	7 Miles	Rest	12 Miles	Rest
July 24	3 Miles	Rest	7 Miles	7 Miles	Rest	17 Miles	Rest
July 31	4 Miles	Rest	7 Miles	8 Miles	Rest	18 Miles	Rest
August 7	4 Miles	Rest	8 Miles	8 Miles	Rest	13 Miles	Rest
August 14	4 Miles	Rest	9 Miles	5 Miles	Rest	18 Miles	Rest
August 21	5 Miles	Rest	9 Miles	5 Miles	Rest	14 Miles	Rest
August 28	5 Miles	Rest	10 Miles	5 Miles	Rest	20 Miles	Rest
September 4	5 Miles	Rest	8 Miles	5 Miles	Rest	18 Miles	Rest
September 11	5 Miles	Rest	10 Miles	5 Miles	Rest	20 Miles	Rest
September 18	5 Miles	Rest	8 Miles	5 Miles	Rest	16 Miles	Rest
September 25	5 Miles	Rest	6 Miles	5 Miles	Rest	12 Miles	Rest
October 2	3 Miles	Rest	4 Miles	3 Miles	Rest	6 Miles	Rest
October 9	2 Miles	Rest	4 Miles	Rest	2 Miles	Rest	Race Day

The IMT Des Moines Marathon encourages you to consult a physician, physical therapist and/or personal trainer if you are a beginning or intermediate runner/walker with aspirations of completing the IMT Des Moines Marathon. To download additional training guides visit www.desmoinesmarathon.com/about/training.

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.