



Principal 5K Road Race 5K Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Recovery Day Walk	Rest Day Cross Train	Recovery Pace Run	5K Tempo Race Pace	Recovery Day	Endurance Long Run or Walk	Recovery Day
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	October 16 Race Day

The IMT Des Moines Marathon encourages you to consult a physician, physical therapist, or personal trainer if you are a beginning runner/walker aspiring to complete a 5K for the first time.

To download additional training guides and resources designed to get you to the finish line, visit www.desmoinesmarathon.com.

For more information on joining the Capital Striders, the official run club partner of the IMT Des Moines Marathon, visit the www.capitalstriders.org and click on Training to learn more about opportunities to train with others.