



## IMT Des Moines Marathon Half Marathon Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Recovery Pace Run	Rest Day or Cross Train	10K Tempo Race Pace	Race Day Race Pace	Recovery Day	Endurance Long Run	Recovery Day
<b>June 26</b>	2 Miles	Rest	2 Miles	2 Miles	Rest	2 Miles	Rest
<b>July 3</b>	2 Miles	Rest	2 Miles	3 Miles	Rest	3 Miles	Rest
<b>July 10</b>	2 Miles	Rest	2 Miles	3 Miles	Rest	4 Miles	Rest
<b>July 17</b>	2 Miles	Rest	2 Miles	3 Miles	Rest	4 Miles	Rest
<b>July 24</b>	3 Miles	Rest	2 Miles	3 Miles	Rest	6 Miles	Rest
<b>July 31</b>	3 Miles	Rest	3 Miles	3 Miles	Rest	6 Miles	Rest
<b>August 7</b>	3 Miles	Rest	3 Miles	3 Miles	Rest	5 Miles	Rest
<b>August 14</b>	3 Miles	Rest	3 Miles	4 Miles	Rest	8 Miles	Rest
<b>August 21</b>	3 Miles	Rest	4 Miles	4 Miles	Rest	10 Miles	Rest
<b>August 28</b>	3 Miles	Rest	4 Miles	4 Miles	Rest	8 Miles	Rest
<b>September 4</b>	3 Miles	Rest	4 Miles	4 Miles	Rest	9 Miles	Rest
<b>September 11</b>	3 Miles	Rest	4 Miles	5 Miles	Rest	10 Miles	Rest
<b>September 18</b>	3 Miles	Rest	4 Miles	5 Miles	Rest	11 Miles	Rest
<b>September 25</b>	3 Miles	Rest	4 Miles	5 Miles	Rest	9 Miles	Rest
<b>October 2</b>	3 Miles	Rest	4 Miles	3 Miles	Rest	6 Miles	Rest
<b>October 9</b>	2 Miles	Rest	2 Miles	Rest	3 Miles	Rest	<b>October 16 Race Day</b>

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

To download additional training guides, resources, and programs designed to get you to the finish line, including becoming a member of the Capital Striders, official run club, and training partner of the IMT Des Moines Marathon, visit [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com).