



I-35 Challenge Marathon or Half Marathon Training Guide

| Day of Week Workout Type | Monday Easy | Tuesday Rest or | Wednesday 26.2 Hills | Thursday Race Pace | Friday Rest | Saturday Long Run | Sunday Long Run |
|-----------------------------|----------------|--------------------|-------------------------|-----------------------|----------------|----------------------|--------------------|
| Week of May 23 | 2 Miles | Rest | 2 Miles | 2 Miles | Rest | 2 Miles | 2 Miles |
| May 30 | 3 or 2 Miles | Rest | 3 or 2 Miles | 3 or 2 Miles | Both | 3 or 2 Miles | 2 Miles |
| June 6 | 3 Miles | Rest | 3 Miles | 3 Miles | Rest | 3 Miles | 3 or 2 Miles |
| June 13 | 3 Miles | Rest | 3 Miles | 3 Miles | Rest | 4 Miles | 3 or 2 Miles |
| June 20 | 3 Miles | Rest | 4 or 3 Miles | 4 or 3 Miles | Rest | 6 Miles | 3 Miles |
| June 27 | 5 or 3 Miles | Rest | 5 or 3 Miles | 6 or 3 Miles | Rest | 10 or 7 Miles | 4 or 3 Miles |
| July 4 | 5 or 3 Miles | Rest | 5 or 3 Miles | 6 or 3 Miles | Rest | 12 or 8 Miles | 6 or 3 Miles |
| July 11 | 5 or 3 Miles | Rest | 5 or 3 Miles | 6 or 4 Miles | Rest | 14 or 7 Miles | 6 or 4 Miles |
| July 18 | 5 or 3 Miles | Rest | 6 or 3 Miles | 6 or 4 Miles | Rest | 16 or 9 Miles | 8 or 4 Miles |
| July 25 | 5 or 3 Miles | Rest | 6 or 3 Miles | 7 or 4 Miles | Rest | 14 or 8 Miles | 9 or 4 Miles |
| August 1 | 5 or 3 Miles | Rest | 7 or 4 Miles | 7 or 4 Miles | Rest | 18 or 9 Miles | 10 or 5 Miles |
| August 8 | 5 or 3 Miles | Rest | 7 or 4 Miles | 7 or 4 Miles | Rest | 12 or 10 Miles | 10 or 5 Miles |
| August 15 | 5 or 3 Miles | Rest | 7 or 4 Miles | 8 or 4 Miles | Rest | 18 or 8 Miles | 12 or 5 Miles |
| August 22 | 5 or 4 Miles | Rest | 8 or 4 Miles | 8 or 4 Miles | Rest | 22 or 9 Miles | 14 or 6 Miles |
| August 29 | 5 or 4 Miles | Rest | 9 or 5 Miles | 5 Miles | Rest | 18 or 11 Miles | 14 or 6 Miles |
| September 5 | 5 or 4 Miles | Rest | 9 or 5 Miles | 5 Miles | Rest | 14 or 10 Miles | 20 or 6 Miles |
| September 11 | 5 or 4 Miles | Rest | 10 or 5 Miles | 5 Miles | Rest | 24 or 13 Miles | 20 or 6 Miles |
| September 18 | 5 or 4 Miles | Rest | 8 or 4 Miles | 5 Miles | Rest | 18 or 9 Miles | 18 or 6 Miles |
| September 25 | 5 or 4 Miles | Rest | 6 or 4 Miles | 4 Miles | Rest | 12 or 6 Miles | 12 or 4 Miles |
| October 3 | 5 or 3 Miles | Rest | 4 or 3 Miles | Rest | Rest | 4 miles | 4 miles |
| October 10 | Rest | Rest | Rest | Rest | Rest | Let's Race! | Let's Race! |

The Garmin Kansas City Marathon and the IMT Des Moines Marathon encourage you to consult with your physician, physical therapist, and or personal trainer before you begin training for the I-35 Challenge if this is your first back-to-back race. For more information about the I-35 Challenge, visit www.desmoinesmarathon.com, click on the I-35 Challenge page.