



## IMT Des Moines Marathon Half Marathon Training Guide

Day of Week Workout Type	Monday Recovery Pace	Tuesday Rest Day or Cross Train	Wednesday 10K Tempo Pace	Thursday Race Day Pace	Friday Recovery Day	Saturday Long-Run Pace	Sunday Recovery Day
<b>Week of May 16</b>	2 Miles	Rest	2 Miles	2 Miles	Rest	3 Miles	Rest
<b>May 23</b>	3 Miles	Rest	2 Miles	3 Miles	Rest	3 Miles	Rest
<b>May 30</b>	3 Miles	Rest	3 Miles	4 Miles	Rest	3 Miles	Rest
<b>June 6</b>	3 Miles	Rest	3 Miles	4 Miles	Rest	3 Miles	Rest
<b>June 13</b>	3 Miles	Rest	3 Miles	4 Miles	Rest	4 Miles	Rest
<b>June 20</b>	3 Miles	Rest	3 Miles	4 Miles	Rest	4 Miles	Rest
<b>June 27</b>	3 Miles	Rest	3 Miles	4 Miles	Rest	4 Miles	Rest
<b>July 4</b>	3 Miles	Rest	3 Miles	3 Miles	Rest	5 Miles	Rest
<b>July 11</b>	3 Miles	Rest	3 Miles	4 Miles	Rest	5 Miles	Rest
<b>July 18</b>	3 Miles	Rest	3 Miles	4 Miles	Rest	6 Miles	Rest
<b>July 25</b>	3 Miles	Rest	3 Miles	4 Miles	Rest	5 Miles	Rest
<b>August 1</b>	3 Miles	Rest	3 Miles	5 Miles	Rest	6 Miles	Rest
<b>August 8</b>	3 Miles	Rest	3 Miles	5 Miles	Rest	8 Miles	Rest
<b>August 15</b>	3 Miles	Rest	3 Miles	5 Miles	Rest	10 Miles	Rest
<b>August 22</b>	3 Miles	Rest	4 Miles	5 Miles	Rest	9 Miles	Rest
<b>August 29</b>	3 Miles	Rest	4 Miles	4 Miles	Rest	10 Miles	Rest
<b>September 5</b>	3 Miles	Rest	4 Miles	5 Miles	Rest	9 Miles	Rest
<b>September 12</b>	3 Miles	Rest	4 Miles	6 Miles	Rest	10 Miles	Rest
<b>September 19</b>	3 Miles	Rest	5 Miles	6 Miles	Rest	11 Miles	Rest
<b>September 26</b>	3 Miles	Rest	5 Miles	6 Miles	Rest	9 Miles	Rest
<b>October 3</b>	3 Miles	Rest	4 Miles	5 Miles	Rest	6 Miles	Rest
<b>October 10</b>	3 Miles	Rest	2-3 Miles	Rest	2-3 Miles	Rest	<b>13.1 Miles</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 Half Marathon for the first time. Find more at [desmoinesmarathon.com](http://desmoinesmarathon.com).