



## IMT Des Moines Marathon Bankers Trust Marathon Relay Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Recovery Day Run or Walk	Rest Day or Cross Train	Recovery Pace Run	5K Tempo Race Pace	Recovery Day	Endurance Long Run or Walk	Recovery Day
<b>Week of May 16</b>	8-10 Minutes	Rest	8-10 Minutes	8-10 Minutes	Rest	10-15 Minutes	Rest
<b>May 23</b>	8-10 Minutes	Rest	8-10 Minutes	8-10 Minutes	Rest	10-15 Minutes	Rest
<b>May 30</b>	8-10 Minutes	Rest	8-10 Minutes	10-15 Minutes	Rest	15-20 Minutes	Rest
<b>June 6</b>	10-15 Minutes	Rest	10-15 Minutes	10-15 Minutes	Rest	15-20 Minutes	Rest
<b>June 13</b>	10-15 Minutes	Rest	10-15 Minutes	10-15 Minutes	Rest	15-20 Minutes	Rest
<b>June 20</b>	10-15 Minutes	Rest	10-15 Minutes	15-20 Minutes	Rest	25-30 Minutes	Rest
<b>June 27</b>	15-20 Minutes	Rest	10-15 Minutes	15-20 Minutes	Rest	25-30 Minutes	Rest
<b>July 4</b>	15-20 Minutes	Rest	15-20 Minutes	15-20 Minutes	Rest	30-35 Minutes	Rest
<b>July 11</b>	15-20 Minutes	Rest	15-20 Minutes	20-25 Minutes	Rest	30-35 Minutes	Rest
<b>July 18</b>	20-25 Minutes	Rest	15-20 Minutes	20-25 Minutes	Rest	35-40 Minutes	Rest
<b>July 25</b>	15-20 Minutes	Rest	25-30 Minutes	20-25 Minutes	Rest	35-40 Minutes	Rest
<b>August 1</b>	20-25 Minutes	Rest	25-30 Minutes	25-30 Minutes	Rest	40-45 Minutes	Rest
<b>August 8</b>	25-30 Minutes	Rest	25-30 Minutes	25-30 Minutes	Rest	40-45 Minutes	Rest
<b>August 15</b>	25-30 Minutes	Rest	30-45 Minutes	25-30 Minutes	Rest	45-50 Minutes	Rest
<b>August 22</b>	25-30 Minutes	Rest	30-45 Minutes	30-45 Minutes	Rest	45-50 Minutes	Rest
<b>August 29</b>	30-35 Minutes	Rest	30-45 Minutes	30-45 Minutes	Rest	50-60 Minutes	Rest
<b>September 5</b>	30-35 Minutes	Rest	45-60 Minutes	45-60 Minutes	Rest	50-60 Minutes	Rest
<b>September 12</b>	35-45 Minutes	Rest	45-60 Minutes	45-60 Minutes	Rest	60-75 Minutes	Rest
<b>September 19</b>	35-45 Minutes	Rest	45-60 Minutes	45-60 Minutes	Rest	60-75 Minutes	Rest
<b>September 26</b>	35-45 Minutes	Rest	45-60 Minutes	45-60 Minutes	Rest	60 Minutes	Rest
<b>October 3</b>	45 Minutes	Rest	45 Minutes	45 Minutes	Rest	50-60 Minutes	Rest
<b>October 10</b>	45 Minutes	Rest	45 Minutes	Rest	Rest	Rest	4-6 Miles

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 Bankers Trust Marathon Relay for the first time. For additional resources, including the Capital Striders, official run club and training partner of the IMT Des Moines Marathon, visit [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com).