



IMT Des Moines Marathon Marathon Training Guide

Day of Week Workout Type	Monday Recovery	Tuesday Rest Day or	Wednesday Incorporate	Thursday 10K Tempo	Friday Recovery	Saturday Long-Run	Sunday Recovery
NA 1 CAA 46	Pace	Cross Train	Hill Repeats	Pace	Day	Pace	Day
Week of May 16	2 Miles	Rest	2 Miles	2 Miles	Rest	4 Miles	Rest
24 22	2.04:1	Doot	2.04:1	2.04:1	D+	4.04:1	Doot
May 23	3 Miles	Rest	2 Miles	3 Miles	Rest	4 Miles	Rest
	0.041		2.411	4 5 4 1		C 2 411	
May 30	3 Miles	Rest	3 Miles	4 Miles	Rest	6 Miles	Rest
	2.84:1		4.54:1	5.841		0.04:1	5 .
June 6	3 Miles	Rest	4 Miles	5 Miles	Rest	8 Miles	Rest
luna 13	2 Miles	Doct	4 Miles	r Miles	Post	C Miles	Doct
June 13	3 Miles	Rest	4 Miles	5 Miles	Rest	6 Miles	Rest
luna 20	2 Miles	Doct	Г Miles	C Miles	Post	O Miles	Doct
June 20	3 Miles	Rest	5 Miles	6 Miles	Rest	9 Miles	Rest
June 27	3 Miles	Post	5 Miles	6 Miles	Post	8 Miles	Rest
Julie 27	3 Miles	Rest	5 ivilles	6 ivilles	Rest	o ivilles	Rest
July 4	3 Miles	Post	6 Miles	6 Miles	Post	10 Miles	Rest
July 4	3 ivilles	Rest	0 ivilles	0 ivilles	Rest	TO MILES	nest
July 11	3 Miles	Post	6 Miles	7 Miles	Rest	8 Miles	Post
July 11	3 Miles	Rest	6 ivilles	7 ivilles	Kest	o ivilles	Rest
July 10	3 Miles	Rest	7 Miles	7 Miles	Post	10 Miles	Rest
July 18	3 Miles	Kest	7 IVIIIes	7 ivilles	Rest	10 Miles	Rest
July 25	3 Miles	Rest	7 Miles	7 Miles	Rest	12 Miles	Rest
July 25	3 ivilles	Rest	7 IVIIIes	7 IVIIIes	Rest	12 IVIIIes	nest
August 1	4 Miles	Rest	7 Miles	8 Miles	Post	14 Miles	Rest
August 1	4 ivilles	Rest	7 IVIIIes	o ivilles	Rest	14 IVIIIes	nest
August 8	4 Miles	Rest	8 Miles	8 Miles	Rest	16 Miles	Rest
August 8	4 IVIIIes	Nest	8 Willes	8 ivilles	ivest	10 Willes	Nest
August 15	4 Miles	Rest	9 Miles	5 Miles	Rest	18 Miles	Rest
August 15	4 IVIIIC3	Nest	J WIIICS	3 ivilies	Kest	10 IVIIIC3	nest
August 22	5 Miles	Rest	9 Miles	5 Miles	Rest	14 Miles	Rest
August 22	3 ivines	riese	3 ivines	3 ivines	Rese	14 1411163	riese
August 29	5 Miles	Rest	10 Miles	5 Miles	Rest	18 Miles	Rest
August 25	3 ivines	Rese	10 1411165	3 ivines	Rese	10 1711163	Rest
September 5	5 Miles	Rest	8 Miles	5 Miles	Rest	16 Miles	Rest
ocptesc. 5	3 1711163	riese	o ivines	3 1111163	Rese	20 1111163	ricot
September 12	5 Miles	Rest	10 Miles	5 Miles	Rest	22 Miles	Rest
	365			365			
September 19	5 Miles	Rest	8 Miles	5 Miles	Rest	16 Miles	Rest
					1		2.50
September 26	5 Miles	Rest	6 Miles	5 Miles	Rest	12 Miles	Rest
000000000000000000000000000000000000000	2		565	263	11230		
October 3	4 Miles	Rest	4 Miles	3 Miles	Rest	10 Miles	Rest
23,000				263	11230	2565	
October 10	3 Miles	Rest	4 Miles	Rest	3 Miles	Rest	26.2 Miles!
October 10	3 Miles	Rest	4 Miles	Rest	3 Miles	Rest	26.2 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 IMT Des Moines Marathon 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.