



IMT Des Moines Marathon Marathon Training Guide

Day of Week Workout Type	Monday Recovery Pace	Tuesday Rest Day or Cross Train	Wednesday Incorporate Hill Repeats	Thursday 10K Tempo Pace	Friday Recovery Day	Saturday Long-Run Pace	Sunday Recovery Day
Week of May 16	2 Miles	Rest	2 Miles	2 Miles	Rest	4 Miles	Rest
May 23	3 Miles	Rest	2 Miles	3 Miles	Rest	4 Miles	Rest
May 30	3 Miles	Rest	3 Miles	4 Miles	Rest	6 Miles	Rest
June 6	3 Miles	Rest	4 Miles	5 Miles	Rest	8 Miles	Rest
June 13	3 Miles	Rest	4 Miles	5 Miles	Rest	6 Miles	Rest
June 20	3 Miles	Rest	5 Miles	6 Miles	Rest	9 Miles	Rest
June 27	3 Miles	Rest	5 Miles	6 Miles	Rest	8 Miles	Rest
July 4	3 Miles	Rest	6 Miles	6 Miles	Rest	10 Miles	Rest
July 11	3 Miles	Rest	6 Miles	7 Miles	Rest	8 Miles	Rest
July 18	3 Miles	Rest	7 Miles	7 Miles	Rest	10 Miles	Rest
July 25	3 Miles	Rest	7 Miles	7 Miles	Rest	12 Miles	Rest
August 1	4 Miles	Rest	7 Miles	8 Miles	Rest	14 Miles	Rest
August 8	4 Miles	Rest	8 Miles	8 Miles	Rest	16 Miles	Rest
August 15	4 Miles	Rest	9 Miles	5 Miles	Rest	18 Miles	Rest
August 22	5 Miles	Rest	9 Miles	5 Miles	Rest	14 Miles	Rest
August 29	5 Miles	Rest	10 Miles	5 Miles	Rest	18 Miles	Rest
September 5	5 Miles	Rest	8 Miles	5 Miles	Rest	16 Miles	Rest
September 12	5 Miles	Rest	10 Miles	5 Miles	Rest	22 Miles	Rest
September 19	5 Miles	Rest	8 Miles	5 Miles	Rest	16 Miles	Rest
September 26	5 Miles	Rest	6 Miles	5 Miles	Rest	12 Miles	Rest
October 3	4 Miles	Rest	4 Miles	3 Miles	Rest	10 Miles	Rest
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.com.