



IMT Des Moines Marathon Marathon Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Recovery Pace	Rest Day or Cross Train	Incorporate Hill Repeats	10K Tempo Pace	Recovery Day	Long-Run Pace	Recovery Day
Week of May 15	2 Miles	Rest	2 Miles	2 Miles	Rest	4 Miles	Rest
May 22	3 Miles	Rest	2 Miles	3 Miles	Rest	4 Miles	Rest
May 29	3 Miles	Rest	3 Miles	4 Miles	Rest	6 Miles	Rest
June 5	3 Miles	Rest	4 Miles	5 Miles	Rest	8 Miles	Rest
June 12	3 Miles	Rest	4 Miles	5 Miles	Rest	6 Miles	Rest
June 19	3 Miles	Rest	5 Miles	6 Miles	Rest	9 Miles	Rest
June 26	3 Miles	Rest	5 Miles	6 Miles	Rest	8 Miles	Rest
July 3	3 Miles	Rest	6 Miles	6 Miles	Rest	10 Miles	Rest
July 10	3 Miles	Rest	6 Miles	7 Miles	Rest	8 Miles	Rest
July 17	3 Miles	Rest	7 Miles	7 Miles	Rest	10 Miles	Rest
July 24	3 Miles	Rest	7 Miles	7 Miles	Rest	12 Miles	Rest
July 31	4 Miles	Rest	7 Miles	8 Miles	Rest	14 Miles	Rest
August 7	4 Miles	Rest	8 Miles	8 Miles	Rest	16 Miles	Rest
August 14	4 Miles	Rest	9 Miles	5 Miles	Rest	18 Miles	Rest
August 21	5 Miles	Rest	9 Miles	5 Miles	Rest	14 Miles	Rest
August 28	5 Miles	Rest	10 Miles	5 Miles	Rest	18 Miles	Rest
September 4	5 Miles	Rest	8 Miles	5 Miles	Rest	16 Miles	Rest
September 11	5 Miles	Rest	10 Miles	5 Miles	Rest	22 Miles	Rest
September 18	5 Miles	Rest	8 Miles	5 Miles	Rest	16 Miles	Rest
September 25	5 Miles	Rest	6 Miles	5 Miles	Rest	12 Miles	Rest
October 2	4 Miles	Rest	4 Miles	3 Miles	Rest	10 Miles	Rest
October 9	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, the official run club and training partner of the IMT Des Moines Marathon, visit www.desmoinesmarathon.com.