



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
Week of May 15	8-10 Minutes	Rest	8-10 Minutes	8-10 Minutes	Rest	10-15 Minutes	Rest
May 22	8-10 Minutes	Rest	8-10 Minutes	8-10 Minutes	Rest	10-15 Minutes	Rest
May 29	8-10 Minutes	Rest	8-10 Minutes	10-15 Minutes	Rest	15-20 Minutes	Rest
June 5	10-15 Minutes	Rest	10-15 Minutes	10-15 Minutes	Rest	15-20 Minutes	Rest
June 12	10-15 Minutes	Rest	10-15 Minutes	10-15 Minutes	Rest	15-20 Minutes	Rest
June 19	10-15 Minutes	Rest	10-15 Minutes	15-20 Minutes	Rest	25-30 Minutes	Rest
June 26	15-20 Minutes	Rest	10-15 Minutes	15-20 Minutes	Rest	25-30 Minutes	Rest
July 3	15-20 Minutes	Rest	15-20 Minutes	15-20 Minutes	Rest	30-35 Minutes	Rest
July 10	15-20 Minutes	Rest	15-20 Minutes	20-25 Minutes	Rest	30-35 Minutes	Rest
July 17	20-25 Minutes	Rest	15-20 Minutes	20-25 Minutes	Rest	35-40 Minutes	Rest
July 24	15-20 Minutes	Rest	25-30 Minutes	20-25 Minutes	Rest	35-40 Minutes	Rest
July 31	20-25 Minutes	Rest	25-30 Minutes	25-30 Minutes	Rest	40-45 Minutes	Rest
August 7	25-30 Minutes	Rest	25-30 Minutes	25-30 Minutes	Rest	40-45 Minutes	Rest
August 14	25-30 Minutes	Rest	30-45 Minutes	25-30 Minutes	Rest	45-50 Minutes	Rest
August 21	25-30 Minutes	Rest	30-45 Minutes	30-45 Minutes	Rest	45-50 Minutes	Rest
August 28	30-35 Minutes	Rest	30-45 Minutes	30-45 Minutes	Rest	50-60 Minutes	Rest
September 4	30-35 Minutes	Rest	45-60 Minutes	45-60 Minutes	Rest	50-60 Minutes	Rest
September 11	35-45 Minutes	Rest	45-60 Minutes	45-60 Minutes	Rest	60-75 Minutes	Rest
September 18	35-45 Minutes	Rest	45-60 Minutes	45-60 Minutes	Rest	60-75 Minutes	Rest
September 25	35-45 Minutes	Rest	45-60 Minutes	45-60 Minutes	Rest	60 Minutes	Rest
October 2	45 Minutes	Rest	45 Minutes	45 Minutes	Rest	50-60 Minutes	Rest
October 9	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, the official run club and training partner of the IMT Des Moines Marathon, visit www.desmoinesmarathon.com.