



Mercy Live Up Loop 5-Mile Run 5-Mile Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Easy	Rest or Cross Train	Brisk	Race Pace	Rest	Long Walk	Rest
Week of September 3	2 Miles	Rest	2 Miles	2 Miles	Rest	2 Miles	Rest
September 10	2 Miles	Rest	2 Miles	2 Miles	Rest	2 Miles	Rest
September 17	2 Miles	Rest	3 Miles	2 Miles	Rest	3 Miles	Rest
September 24	2 Miles	Rest	3 Miles	2 Miles	Rest	4 Miles	Rest
October 1	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	Rest
October 8	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	Rest
October 15	3 Miles	Rest	2 Miles	Rest	Rest	Race Day	Rest

The IMT Des Moines Marathon encourages you to consult a physician, physical therapist, and/or personal trainer if you are a beginning runner/walker with aspirations of completing a 5 Mile Run.

For more information on joining Y Go the Distance, the official training program of the IMT Des Moines Marathon, visit the YMCA of Greater Des Moines website at www.dmymca.org/ygothedistance.

To download additional training guides visit www.desmoinesmarathon.com.