



I-35 Challenge Marathon & Half Marathon Training Guide

| Day of Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|---------------|---------------------|---------------|---------------|-----------|--------------------|--------------------|
| Workout Type | Easy | Rest or Cross train | Hills | Race Pace | Rest | Long Run | Long Run |
| Division | Marathon/Half | | Marathon/Half | Marathon/Half | | Marathon/Half | Marathon/Half |
| Week of | | | | | | | |
| June 11 | 3 Miles | Rest | 3 Miles | 3 Miles | Rest | 3 Miles | Rest |
| June 18 | 3 Miles | Rest | 3 Miles | 3 Miles | Rest | 4 Miles | Rest |
| June 25 | 3 Miles | Rest | 4/3 Miles | 4/3 Miles | Rest | 6 Miles | 3 Miles |
| July 2 | 5/3 Miles | Rest | 5/3 Miles | 6/3 Miles | Rest | 10/7 Miles | 4/3 Miles |
| July 9 | 5/3 Miles | Rest | 5/3 Miles | 6/3 Miles | Rest | 12/8 Miles | 6/3 Miles |
| July 16 | 5/3 Miles | Rest | 5/3 Miles | 6/4 Miles | Rest | 14/7 Miles | 6/4 Miles |
| July 23 | 5/3 Miles | Rest | 6/3 Miles | 6/4 Miles | Rest | 16/9 Miles | 8/4 Miles |
| July 30 | 5/3 Miles | Rest | 6/3 Miles | 7/4 Miles | Rest | 14/8 Miles | 9/4 Miles |
| August 6 | 5/3 Miles | Rest | 7/4 Miles | 7/4 Miles | Rest | 18/9 Miles | 10/5 Miles |
| August 13 | 5/3 Miles | Rest | 7/4 Miles | 7/4 Miles | Rest | 12/10 Miles | 10/5 Miles |
| August 20 | 5/3 Miles | Rest | 7/4 Miles | 8/4 Miles | Rest | 18/8 Miles | 12/5 Miles |
| August 27 | 5/4 Miles | Rest | 8/4 Miles | 8/4 Miles | Rest | 22/9 Miles | 14/6 Miles |
| September 3 | 5/4 Miles | Rest | 9/5 Miles | 5 Miles | Rest | 18/11 Miles | 14/6 Miles |
| September 10 | 5/4 Miles | Rest | 9/5 Miles | 5 Miles | Rest | 14/10 Miles | 20/6 Miles |
| September 17 | 5/4 Miles | Rest | 10/5 Miles | 5 Miles | Rest | 24/13 Miles | 20/6 Miles |
| September 24 | 5/4 Miles | Rest | 8/4 Miles | 5 Miles | Rest | 18/9 Miles | 18/6 Miles |
| October 1 | 5/4 Miles | Rest | 6/4 Miles | 4 Miles | Rest | 12/6 Miles | 12/4 Miles |
| October 8 | 5/3 Miles | Rest | 4/3 Miles | Rest | 1-2 Miles | Rest | Let's Race! |
| October 15 | Rest | Rest | Rest | Rest | Rest | Let's Race! | Rest |

The Kansas City Marathon presented by Garmin and IMT Des Moines Marathon and encourage you to consult with your personal physician, physical therapist and/or personal trainer before you begin training for the I-35 Challenge. For more information about the I-35 Challenge visit www.desmoinesmarathon.com.