



## IMT Des Moines Marathon Advanced Half Marathon Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Easy	Rest or Cross Train	Tempo	Race Pace	Rest	Long Run	Rest
<b>Week of June 18</b>	3 Miles	Rest	3 Miles	3 Miles	Rest	3 Miles	Rest
<b>June 25</b>	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	Rest
<b>July 2</b>	3 Miles	Rest	3 Miles	3 Miles	Rest	6 Miles	Rest
<b>July 9</b>	3 Miles	Rest	3 Miles	3 Miles	Rest	7 Miles	Rest
<b>July 16</b>	3 Miles	Rest	3 Miles	3 Miles	Rest	8 Miles	Rest
<b>July 23</b>	3 Miles	Rest	3 Miles	4 Miles	Rest	7 Miles	Rest
<b>July 30</b>	3 Miles	Rest	3 Miles	4 Miles	Rest	9 Miles	Rest
<b>August 6</b>	3 Miles	Rest	3 Miles	4 Miles	Rest	8 Miles	Rest
<b>August 13</b>	3 Miles	Rest	4 Miles	4 Miles	Rest	9 Miles	Rest
<b>August 20</b>	3 Miles	Rest	4 Miles	4 Miles	Rest	10 Miles	Rest
<b>August 27</b>	3 Miles	Rest	4 Miles	4 Miles	Rest	8 Miles	Rest
<b>September 3</b>	4 Miles	Rest	4 Miles	4 Miles	Rest	9 Miles	Rest
<b>September 10</b>	4 Miles	Rest	5 Miles	5 Miles	Rest	11 Miles	Rest
<b>September 17</b>	4 Miles	Rest	5 Miles	5 Miles	Rest	10 Miles	Rest
<b>September 24</b>	4 Miles	Rest	5 Miles	5 Miles	Rest	12 Miles	Rest
<b>October 1</b>	4 Miles	Rest	4 Miles	5 Miles	Rest	9 Miles	Rest
<b>October 8</b>	4 Miles	Rest	4 Miles	4 Miles	Rest	6 Miles	Rest
<b>October 15</b>	3 Miles	Rest	3 Miles	Rest	2 Miles	Rest	<b>Let's Race!</b>

The IMT Des Moines Marathon encourages you to consult a physician, physical therapist and/or personal trainer if you are a beginning or intermediate runner/walker with aspirations of completing the IMT Des Moines Marathon or Half Marathon. 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.dymca.org/ygothedistance](http://www.dymca.org/ygothedistance).

To download additional training guides visit [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com).