



IMT Des Moines Marathon Advanced 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	Rest
Week of June 18	3 Miles	Rest	3 Miles	3 Miles	Rest	3 Miles	Rest
June 25	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	Rest
July 2	3 Miles	Rest	4 Miles	4 Miles	Rest	6 Miles	Rest
July 9	5 Miles	Rest	5 Miles	6 Miles	Rest	10 Miles	Rest
July 16	5 Miles	Rest	5 Miles	6 Miles	Rest	10 Miles	Rest
July 23	5 Miles	Rest	5 Miles	6 Miles	Rest	10 Miles	Rest
July 30	5 Miles	Rest	6 Miles	6 Miles	Rest	12 Miles	Rest
August 6	5 Miles	Rest	6 Miles	7 Miles	Rest	12 Miles	Rest
August 13	5 Miles	Rest	7 Miles	7 Miles	Rest	14 Miles	Rest
August 20	5 Miles	Rest	7 Miles	7 Miles	Rest	12 Miles	Rest
August 27	5 Miles	Rest	7 Miles	8 Miles	Rest	16 Miles	Rest
September 3	5 Miles	Rest	8 Miles	8 Miles	Rest	12 Miles	Rest
September 10	5 Miles	Rest	9 Miles	5 Miles	Rest	18 Miles	Rest
September 17	5 Miles	Rest	9 Miles	5 Miles	Rest	12 Miles	Rest
September 24	5 Miles	Rest	10 Miles	5 Miles	Rest	20 Miles	Rest
October 1	5 Miles	Rest	8 Miles	5 Miles	Rest	14 Miles	Rest
October 8	5 Miles	Rest	6 Miles	4 Miles	Rest	10 Miles	Rest
October 15	5 Miles	Rest	4 Miles	Rest	2 Miles	Rest	Let's Race!

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.

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