



## 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   |
| <b>Week of September 2</b> | 1 Mile  | Rest                | 1 Mile    | 2 Miles   | Rest   | 2 Miles         | Rest   |
| <b>September 9</b>         | 1 Mile  | Rest                | 2 Miles   | 2 Miles   | Rest   | 2 Miles         | Rest   |
| <b>September 16</b>        | 2 Miles | Rest                | 2 Miles   | 2 Miles   | Rest   | 3 Miles         | Rest   |
| <b>September 23</b>        | 2 Miles | Rest                | 3 Miles   | 2 Miles   | Rest   | 4 Miles         | Rest   |
| <b>September 30</b>        | 3 Miles | Rest                | 3 Miles   | 2 Miles   | Rest   | 4 Miles         | Rest   |
| <b>October 7</b>           | 3 Miles | Rest                | 3 Miles   | 3 Miles   | Rest   | 4 Miles         | Rest   |
| <b>October 14</b>          | 3 Miles | Rest                | 2 Miles   | Rest      | Rest   | <b>Race Day</b> | 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 the first time.

To download additional training guides and resources designed to get you to the finish line, visit [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com), click on Experience, then Training.

For more information on joining the Capital Striders, the official run club partner of the IMT Des Moines Marathon, visit the [www.capitalstriders.org](http://www.capitalstriders.org) and click on Training to learn more about opportunities to train with others.