



## Principal 5K Road Race 5K Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Workout Type</b>	Easy	Rest or Cross Train	Brisk	Race Pace	Rest	Long Walk	Rest
<b>Week of</b>							
<b>September 2</b>	15 Minutes	Rest	15 Minutes	15 Minutes	Rest	½ Mile	Rest
<b>September 9</b>	15 Minutes	Rest	15 Minutes	15 Minutes	Rest	½ Mile	Rest
<b>September 16</b>	30 Minutes	Rest	15 Minute Warm Up 15 Minute Brisk Walk	15 Minutes	Rest	1 Mile	Rest
<b>September 23</b>	30 Minutes	Rest	15 Minute Warm Up 15 Minute Brisk Walk	1 Mile	Rest	1½ Miles	Rest
<b>September 30</b>	45 Minutes	Rest	15 Minute Warm Up 30 Minute Brisk Walk	1½ Mile	Rest	2 Miles	Rest
<b>October 7</b>	45 Minutes	Rest	15 Minute Warm Up 30 Minute Brisk Walk	2 Miles	Rest	2½ Miles	Rest
<b>October 14</b>	45 Minutes	Rest	15 Minute Warm Up 30 Minute Brisk Walk	1½ Miles	Rest	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 runner/walker with aspirations of completing a 5K 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.