



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 17	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	Rest
June 24	3 Miles	Rest	3 Miles	3 Miles	Rest	6 Miles	Rest
July 1	3 Miles	Rest	4 Miles	4 Miles	Rest	8 Miles	Rest
July 8	5 Miles	Rest	5 Miles	6 Miles	Rest	10 Miles	Rest
July 15	5 Miles	Rest	5 Miles	6 Miles	Rest	12 Miles	Rest
July 22	5 Miles	Rest	5 Miles	6 Miles	Rest	14 Miles	Rest
July 29	5 Miles	Rest	6 Miles	6 Miles	Rest	16 Miles	Rest
August 5	5 Miles	Rest	6 Miles	7 Miles	Rest	17 Miles	Rest
August 12	5 Miles	Rest	7 Miles	7 Miles	Rest	13 Miles	Rest
August 19	5 Miles	Rest	7 Miles	7 Miles	Rest	17 Miles	Rest
August 26	5 Miles	Rest	7 Miles	8 Miles	Rest	14 Miles	Rest
September 2	5 Miles	Rest	8 Miles	8 Miles	Rest	18 Miles	Rest
September 9	5 Miles	Rest	9 Miles	5 Miles	Rest	20 Miles	Rest
September 16	5 Miles	Rest	9 Miles	5 Miles	Rest	17 Miles	Rest
September 23	5 Miles	Rest	10 Miles	5 Miles	Rest	20 Miles	Rest
September 30	5 Miles	Rest	8 Miles	5 Miles	Rest	13 Miles	Rest
October 7	5 Miles	Rest	6 Miles	4 Miles	Rest	10 Miles	Rest
October 14	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 for the first time. To download additional training guides and resources designed to get you to the finish line, visit www.desmoinesmarathon and 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 and click on Training to learn more about opportunities to train with others.