



MercyOne 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
Week of September 2	1 Mile	Rest	1 Mile	2 Miles	Rest	2 Miles	Rest
September 9	1 Mile	Rest	2 Miles	2 Miles	Rest	2 Miles	Rest
September 16	2 Miles	Rest	2 Miles	2 Miles	Rest	3 Miles	Rest
September 23	2 Miles	Rest	3 Miles	2 Miles	Rest	4 Miles	Rest
September 30	3 Miles	Rest	3 Miles	2 Miles	Rest	4 Miles	Rest
October 7	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	Rest
October 14	3 Miles	Rest	2 Miles	Rest	Rest	Race Day	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, 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.