



Principal 5K Road Race 5K 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	15 Minutes	Rest	15 Minutes	15 Minutes	Rest	½ Mile	Rest
September 9	15 Minutes	Rest	15 Minutes	15 Minutes	Rest	½ Mile	Rest
September 16	30 Minutes	Rest	15 Minute Warm Up 15 Minute Brisk Walk	15 Minutes	Rest	1 Mile	Rest
September 23	30 Minutes	Rest	15 Minute Warm Up 15 Minute Brisk Walk	1 Mile	Rest	1½ Miles	Rest
September 30	45 Minutes	Rest	15 Minute Warm Up 30 Minute Brisk Walk	1½ Mile	Rest	2 Miles	Rest
October 7	45 Minutes	Rest	15 Minute Warm Up 30 Minute Brisk Walk	2 Miles	Rest	2½ Miles	Rest
October 14	45 Minutes	Rest	15 Minute Warm Up 30 Minute Brisk Walk	1½ Miles	Rest	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 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, 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.