



## I-35 Challenge Marathon & Half 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	Long Run
Division	Marathon/Half		Marathon/Half	Marathon/Half		Marathon/Half	Marathon/Half
<b>Week of June 10</b>	3 Miles	Rest	3 Miles	3 Miles	Rest	3 Miles	Rest
<b>June 17</b>	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	Rest
<b>June 24</b>	3 Miles	Rest	4/3 Miles	4/3 Miles	Rest	6 Miles	3 Miles
<b>July 1</b>	5/3 Miles	Rest	5/3 Miles	6/3 Miles	Rest	10/7 Miles	4/3 Miles
<b>July 8</b>	5/3 Miles	Rest	5/3 Miles	6/3 Miles	Rest	12/8 Miles	6/3 Miles
<b>July 15</b>	5/3 Miles	Rest	5/3 Miles	6/4 Miles	Rest	14/7 Miles	6/4 Miles
<b>July 22</b>	5/3 Miles	Rest	6/3 Miles	6/4 Miles	Rest	16/9 Miles	8/4 Miles
<b>July 29</b>	5/3 Miles	Rest	6/3 Miles	7/4 Miles	Rest	14/8 Miles	9/4 Miles
<b>August 4</b>	5/3 Miles	Rest	7/4 Miles	7/4 Miles	Rest	18/9 Miles	10/5 Miles
<b>August 12</b>	5/3 Miles	Rest	7/4 Miles	7/4 Miles	Rest	12/10 Miles	10/5 Miles
<b>August 19</b>	5/3 Miles	Rest	7/4 Miles	8/4 Miles	Rest	18/8 Miles	12/5 Miles
<b>August 26</b>	5/4 Miles	Rest	8/4 Miles	8/4 Miles	Rest	22/9 Miles	14/6 Miles
<b>September 2</b>	5/4 Miles	Rest	9/5 Miles	5 Miles	Rest	18/11 Miles	14/6 Miles
<b>September 9</b>	5/4 Miles	Rest	9/5 Miles	5 Miles	Rest	14/10 Miles	20/6 Miles
<b>September 16</b>	5/4 Miles	Rest	10/5 Miles	5 Miles	Rest	24/13 Miles	20/6 Miles
<b>September 23</b>	5/4 Miles	Rest	8/4 Miles	5 Miles	Rest	18/9 Miles	18/6 Miles
<b>September 30</b>	5/4 Miles	Rest	6/4 Miles	4 Miles	Rest	12/6 Miles	12/4 Miles
<b>October 7</b>	5/3 Miles	Rest	4/3 Miles	Rest	Rest	4 miles	4 miles
<b>October 14</b>	Rest	Rest	Rest	Rest	Rest	<b>Let's Race!</b>	<b>Let's Race!</b>

The Kansas City Marathon presented by Garmin and IMT Des Moines Marathon and encourage you to consult with your personal physician, physical therapist and/or personal trainer before you begin training for the I-35 Challenge if this is your first back-to-back race. For more information about the I-35 Challenge visit [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com), hover over Register, and then click on the I-35 Challenge page.