



IMT Des Moines Marathon Half Marathon Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Easy Run	Rest Day	Tempo Run	Race Pace	Rest Day	Long Run	Rest Day
Week of July 1	2 Miles	Rest	2 Miles	2 Miles	Rest	2 Miles	Rest
July 8	2 Miles	Rest	2 Miles	3 Miles	Rest	3 Miles	Rest
July 15	2 Miles	Rest	2 Miles	3 Miles	Rest	4 Miles	Rest
July 22	2 Miles	Rest	2 Miles	3 Miles	Rest	4 Miles	Rest
July 29	3 Miles	Rest	2 Miles	3 Miles	Rest	6 Miles	Rest
August 5	3 Miles	Rest	3 Miles	3 Miles	Rest	6 Miles	Rest
August 12	3 Miles	Rest	3 Miles	3 Miles	Rest	5 Miles	Rest
August 19	3 Miles	Rest	3 Miles	4 Miles	Rest	8 Miles	Rest
August 26	3 Miles	Rest	4 Miles	4 Miles	Rest	10 Miles	Rest
September 2	3 Miles	Rest	4 Miles	4 Miles	Rest	8 Miles	Rest
September 9	3 Miles	Rest	4 Miles	4 Miles	Rest	9 Miles	Rest
September 16	3 Miles	Rest	4 Miles	5 Miles	Rest	10 Miles	Rest
September 23	3 Miles	Rest	4 Miles	5 Miles	Rest	11 Miles	Rest
September 30	3 Miles	Rest	4 Miles	5 Miles	Rest	9 Miles	Rest
October 7	3 Miles	Rest	4 Miles	3 Miles	Rest	6 Miles	Rest
October 14	2 Miles	Rest	2 Miles	2 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 or intermediate runner/walker with aspirations of completing your first IMT Des Moines Half Marathon.

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 about joining the official training program of the IMT Des Moines Half Marathon, visit the YMCA of Greater Des Moines website to learn more about Y Go the Distance with programs offered at various metro branches at www.dmymca.org/ygothedistance.