



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 August 31	1 Mile	Rest	1 Mile	2 Miles	Rest	2 Miles	Rest
September 7	1 Mile	Rest	2 Miles	2 Miles	Rest	2 Miles	Rest
September 14	2 Miles	Rest	2 Miles	2 Miles	Rest	3 Miles	Rest
September 21	2 Miles	Rest	3 Miles	2 Miles	Rest	4 Miles	Rest
September 28	3 Miles	Rest	3 Miles	2 Miles	Rest	4 Miles	Rest
October 5	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	Rest
October 12	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 Train, then Training Guides.

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.