



IMT Des Moines Marathon Marathon Training Guide

| Day of Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------|----------|---------------------|-----------|-----------|----------|----------|-----------------|
| Workout Type | Easy Run | Rest or Cross Train | Hills Run | Race Pace | Rest Day | Long Run | Rest Day |
| Week of June 1 | 3 Miles | Rest | 3 Miles | 4 Miles | Rest | 6 Miles | Rest |
| June 8 | 3 Miles | Rest | 4 Miles | 5 Miles | Rest | 8 Miles | Rest |
| June 15 | 3 Miles | Rest | 4 Miles | 5 Miles | Rest | 6 Miles | Rest |
| June 22 | 3 Miles | Rest | 5 Miles | 6 Miles | Rest | 9 Miles | Rest |
| June 29 | 3 Miles | Rest | 5 Miles | 6 Miles | Rest | 8 Miles | Rest |
| July 6 | 3 Miles | Rest | 6 Miles | 6 Miles | Rest | 10 Miles | Rest |
| July 13 | 3 Miles | Rest | 6 Miles | 7 Miles | Rest | 8 Miles | Rest |
| July 20 | 3 Miles | Rest | 7 Miles | 7 Miles | Rest | 10 Miles | Rest |
| July 27 | 3 Miles | Rest | 7 Miles | 7 Miles | Rest | 12 Miles | Rest |
| August 3 | 4 Miles | Rest | 7 Miles | 8 Miles | Rest | 14 Miles | Rest |
| August 10 | 4 Miles | Rest | 8 Miles | 8 Miles | Rest | 16 Miles | Rest |
| August 17 | 4 Miles | Rest | 9 Miles | 5 Miles | Rest | 18 Miles | Rest |
| August 24 | 5 Miles | Rest | 9 Miles | 5 Miles | Rest | 14 Miles | Rest |
| August 31 | 5 Miles | Rest | 10 Miles | 5 Miles | Rest | 18 Miles | Rest |
| September 7 | 5 Miles | Rest | 8 Miles | 5 Miles | Rest | 16 Miles | Rest |
| September 14 | 5 Miles | Rest | 10 Miles | 5 Miles | Rest | 22 Miles | Rest |
| September 21 | 5 Miles | Rest | 8 Miles | 5 Miles | Rest | 16 Miles | Rest |
| September 28 | 5 Miles | Rest | 6 Miles | 5 Miles | Rest | 12 Miles | Rest |
| October 5 | 4 Miles | Rest | 4 Miles | 3 Miles | Rest | 10 Miles | Rest |
| October 12 | 3 Miles | Rest | 4 Miles | Rest | 3 Miles | Rest | Race Day |

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 the IMT Des Moines Marathon for the first time. To download additional training guides and resources designed to get you to the finish line, visit www.desmoinesmarathon and 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.

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