



## IMT Des Moines Marathon 5-Mile Run 5-Mile Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Workout Type</b>	Easy	Rest or Cross Train	Brisk	Race Pace	Rest	Long Walk	Rest
<b>Week of August 31</b>	1 Mile	Rest	1 Mile	2 Miles	Rest	2 Miles	Rest
<b>September 7</b>	1 Mile	Rest	2 Miles	2 Miles	Rest	2 Miles	Rest
<b>September 14</b>	2 Miles	Rest	2 Miles	2 Miles	Rest	3 Miles	Rest
<b>September 21</b>	2 Miles	Rest	3 Miles	2 Miles	Rest	4 Miles	Rest
<b>September 28</b>	3 Miles	Rest	3 Miles	2 Miles	Rest	4 Miles	Rest
<b>October 5</b>	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	Rest
<b>October 12</b>	3 Miles	Rest	2 Miles	Rest	Rest	<b>Race Day</b>	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](http://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](http://www.capitalstriders.org) and click on Training to learn more about opportunities to train with others.