



IMT Des Moines Marathon 5-Mile Run Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Recovery Day Walk	Rest Day or Cross Train	Recovery Pace Run	5K Tempo Race Pace	Recovery Day	Endurance Long Run or Walk	Recovery Day
Week of August 30	1 Mile	Rest	1 Mile	2 Miles	Rest	2 Miles	Rest
September 6	1 Mile	Rest	2 Miles	2 Miles	Rest	2 Miles	Rest
September 13	2 Miles	Rest	2 Miles	2 Miles	Rest	3 Miles	Rest
September 20	2 Miles	Rest	3 Miles	2 Miles	Rest	4 Miles	Rest
September 27	3 Miles	Rest	3 Miles	2 Miles	Rest	4 Miles	Rest
October 4	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	Rest
October 11	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.