



## Principal 5K Road Race 5K Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Recovery Day Walk	Rest Day Cross Train	Recovery Pace Run	5K Tempo Race Pace	Recovery Day	Endurance Long Run or Walk	Recovery Day
<b>Week of</b>							
<b>August 30</b>	15 Minutes	Rest	15 Minutes	15 Minutes	Rest	½ Mile	Rest
<b>September 6</b>	15 Minutes	Rest	15 Minutes	15 Minutes	Rest	½ Mile	Rest
<b>September 13</b>	30 Minutes	Rest	15 Minute Warm Up 15 Minute Brisk Walk	15 Minutes	Rest	1 Mile	Rest
<b>September 20</b>	30 Minutes	Rest	15 Minute Warm Up 15 Minute Brisk Walk	1 Mile	Rest	1½ Miles	Rest
<b>September 27</b>	45 Minutes	Rest	15 Minute Warm Up 30 Minute Brisk Walk	1½ Mile	Rest	2 Miles	Rest
<b>October 4</b>	45 Minutes	Rest	15 Minute Warm Up 30 Minute Brisk Walk	2 Miles	Rest	2½ Miles	Rest
<b>October 11</b>	45 Minutes	Rest	15 Minute Warm Up 30 Minute Brisk Walk	1½ Miles	Rest	Rest	<b>Let's Race!</b>

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 5K 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), and click on 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](http://www.capitalstriders.org) and click on Training to learn more about opportunities to train with others.