



IMT Des Moines Marathon Half Marathon Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Recovery Pace Run	Rest Day or Cross Train	10K Tempo Race Pace	Race Day Race Pace	Recovery Day	Endurance Long Run	Recovery Day
June 28	2 Miles	Rest	2 Miles	2 Miles	Rest	2 Miles	Rest
July 5	2 Miles	Rest	2 Miles	3 Miles	Rest	3 Miles	Rest
July 12	2 Miles	Rest	2 Miles	3 Miles	Rest	4 Miles	Rest
July 19	2 Miles	Rest	2 Miles	3 Miles	Rest	4 Miles	Rest
July 26	3 Miles	Rest	2 Miles	3 Miles	Rest	6 Miles	Rest
August 2	3 Miles	Rest	3 Miles	3 Miles	Rest	6 Miles	Rest
August 9	3 Miles	Rest	3 Miles	3 Miles	Rest	5 Miles	Rest
August 16	3 Miles	Rest	3 Miles	4 Miles	Rest	8 Miles	Rest
August 23	3 Miles	Rest	4 Miles	4 Miles	Rest	10 Miles	Rest
August 30	3 Miles	Rest	4 Miles	4 Miles	Rest	8 Miles	Rest
September 6	3 Miles	Rest	4 Miles	4 Miles	Rest	9 Miles	Rest
September 13	3 Miles	Rest	4 Miles	5 Miles	Rest	10 Miles	Rest
September 20	3 Miles	Rest	4 Miles	5 Miles	Rest	11 Miles	Rest
September 27	3 Miles	Rest	4 Miles	5 Miles	Rest	9 Miles	Rest
October 4	3 Miles	Rest	4 Miles	3 Miles	Rest	6 Miles	Rest
October 11	2 Miles	Rest	2 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 Half Marathon for the first time.

To download additional training guides, resources, and programs designed to get you to the finish line, including becoming a member of the Capital Striders; official run club and training partner of the IMT Des Moines Marathon, visit www.desmoinesmarathon.com, and click on Training.