



## IMT Des Moines Marathon Marathon Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Recovery Pace Run	Rest Day or Cross Train	Suggested Hill Run	10K Tempo Race Pace	Recovery Day	Endurance Long Run	Recovery Day
<b>Week of May 31</b>	3 Miles	Rest	3 Miles	4 Miles	Rest	6 Miles	Rest
<b>June 7</b>	3 Miles	Rest	4 Miles	5 Miles	Rest	8 Miles	Rest
<b>June 14</b>	3 Miles	Rest	4 Miles	5 Miles	Rest	6 Miles	Rest
<b>June 21</b>	3 Miles	Rest	5 Miles	6 Miles	Rest	9 Miles	Rest
<b>June 28</b>	3 Miles	Rest	5 Miles	6 Miles	Rest	8 Miles	Rest
<b>July 5</b>	3 Miles	Rest	6 Miles	6 Miles	Rest	10 Miles	Rest
<b>July 12</b>	3 Miles	Rest	6 Miles	7 Miles	Rest	8 Miles	Rest
<b>July 19</b>	3 Miles	Rest	7 Miles	7 Miles	Rest	10 Miles	Rest
<b>July 26</b>	3 Miles	Rest	7 Miles	7 Miles	Rest	12 Miles	Rest
<b>August 2</b>	4 Miles	Rest	7 Miles	8 Miles	Rest	14 Miles	Rest
<b>August 9</b>	4 Miles	Rest	8 Miles	8 Miles	Rest	16 Miles	Rest
<b>August 16</b>	4 Miles	Rest	9 Miles	5 Miles	Rest	18 Miles	Rest
<b>August 23</b>	5 Miles	Rest	9 Miles	5 Miles	Rest	14 Miles	Rest
<b>August 30</b>	5 Miles	Rest	10 Miles	5 Miles	Rest	18 Miles	Rest
<b>September 6</b>	5 Miles	Rest	8 Miles	5 Miles	Rest	16 Miles	Rest
<b>September 13</b>	5 Miles	Rest	10 Miles	5 Miles	Rest	22 Miles	Rest
<b>September 20</b>	5 Miles	Rest	8 Miles	5 Miles	Rest	16 Miles	Rest
<b>September 27</b>	5 Miles	Rest	6 Miles	5 Miles	Rest	12 Miles	Rest
<b>October 4</b>	4 Miles	Rest	4 Miles	3 Miles	Rest	10 Miles	Rest
<b>October 11</b>	3 Miles	Rest	4 Miles	Rest	3 Miles	Rest	<b>Race Day</b>

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, including joining the Capital Striders, official run club and training partner of the IMT Des Moines Marathon visit [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com), and click on Training.