



IMT Des Moines Marathon Principal 5K Road Race Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Easy Walking Pace	Recovery Day	Brisk Walking Pace	5K Tempo Race Pace	Recovery Day	Weekend Walking Pace	Recovery Day
Week of May 15	8-10 Minutes	Rest	8-10 Minutes	8-10 Minutes	Rest	10-15 Minutes	Rest
May 22	8-10 Minutes	Rest	8-10 Minutes	8-10 Minutes	Rest	10-15 Minutes	Rest
May 29	8-10 Minutes	Rest	8-10 Minutes	8-10 Minutes	Rest	10-15 Minutes	Rest
June 5	10-15 Minutes	Rest	10-15 Minutes	8-10 Minutes	Rest	15-20 Minutes	Rest
June 12	10-15 Minutes	Rest	10-15 Minutes	8-10 Minutes	Rest	15-20 Minutes	Rest
June 19	10-15 Minutes	Rest	10-15 Minutes	10-15 Minutes	Rest	15-20 Minutes	Rest
June 26	10-15 Minutes	Rest	10-15 Minutes	10-15 Minutes	Rest	15-20 Minutes	Rest
July 3	15 Minutes	Rest	15-20 Minutes	15 Minutes	Rest	20-25 Minutes	Rest
July 10	15 Minutes	Rest	15-20 Minutes	15 Minutes	Rest	20-25 Minutes	Rest
July 17	15 Minutes	Rest	15-20 Minutes	15 Minutes	Rest	20-25 Minutes	Rest
July 24	15 Minutes	Rest	15-20 Minutes	15 Minutes	Rest	20-25 Minutes	Rest
July 31	15-20 Minutes	Rest	20-25 Minutes	20 Minutes	Rest	25-30 Minutes	Rest
August 7	15-20 Minutes	Rest	20-25 Minutes	20 Minutes	Rest	25-30 Minutes	Rest
August 14	15-20 Minutes	Rest	20-25 Minutes	20 Minutes	Rest	25-30 Minutes	Rest
August 21	15-20 Minutes	Rest	20-25 Minutes	20 Minutes	Rest	25-30 Minutes	Rest
August 29	15-20 Minutes	Rest	20-25 Minutes	20 Minutes	Rest	30-35 Minutes	Rest
September 4	20-25 Minutes	Rest	25-30 Minutes	25 Minutes	Rest	30-35 Minutes	Rest
September 11	20-25 Minutes	Rest	25-30 Minutes	25 Minutes	Rest	30-35 Minutes	Rest
September 18	20-25 Minutes	Rest	30-35 Minutes	25 Minutes	Rest	35-40 Minutes	Rest
September 25	20-25 Minutes	Rest	30-35 Minutes	15 Minutes	Rest	35-40 Minutes	Rest
October 2	15-20 Minutes	Rest	30-35 Minutes	15 Minutes	Rest	35-40 Minutes	Rest
October 9	15 Minutes	Rest	20-25 Minutes	Rest	Rest	Rest	Race Day!

The IMT Des Moines Marathon encourages you to consult a physician, physical therapist, or personal trainer if you are a beginning or intermediate runner/walker aspiring to complete the Principal 5K Road Race for the first time. For additional resources, including the Capital Striders, the official run club and training partner of the IMT Des Moines Marathon, visit www.desmoinesmarathon.com.