



I-35 Challenge presented by Marathon Maniacs & Half Fanatics Marathon or Half Marathon Training Guide

| Day of Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|--------------|---------|------------------|--------------|--------|----------------|---------------|
| Workout Type | Easy | Rest | Marathon or Half | Race Pace | Rest | Long Run | Long Run |
| Week of May 22 | 2 Miles | Rest | 2 Miles | 2 Miles | Rest | 2 Miles | 2 Miles |
| May 29 | 3 or 2 Miles | Rest | 3 or 2 Miles | 3 or 2 Miles | Both | 3 or 2 Miles | 2 Miles |
| June 5 | 3 Miles | Rest | 3 Miles | 3 Miles | Rest | 3 Miles | 3 or 2 Miles |
| June 12 | 3 Miles | Rest | 3 Miles | 3 Miles | Rest | 4 Miles | 3 or 2 Miles |
| June 19 | 3 Miles | Rest | 4 or 3 Miles | 4 or 3 Miles | Rest | 6 Miles | 3 Miles |
| June 26 | 5 or 3 Miles | Rest | 5 or 3 Miles | 6 or 3 Miles | Rest | 10 or 7 Miles | 4 or 3 Miles |
| July 3 | 5 or 3 Miles | Rest | 5 or 3 Miles | 6 or 3 Miles | Rest | 12 or 8 Miles | 6 or 3 Miles |
| July 10 | 5 or 3 Miles | Rest | 5 or 3 Miles | 6 or 4 Miles | Rest | 14 or 7 Miles | 6 or 4 Miles |
| July 17 | 5 or 3 Miles | Rest | 6 or 3 Miles | 6 or 4 Miles | Rest | 16 or 9 Miles | 8 or 4 Miles |
| July 24 | 5 or 3 Miles | Rest | 6 or 3 Miles | 7 or 4 Miles | Rest | 14 or 8 Miles | 9 or 4 Miles |
| July 31 | 5 or 3 Miles | Rest | 7 or 4 Miles | 7 or 4 Miles | Rest | 18 or 9 Miles | 10 or 5 Miles |
| August 7 | 5 or 3 Miles | Rest | 7 or 4 Miles | 7 or 4 Miles | Rest | 12 or 10 Miles | 10 or 5 Miles |
| August 14 | 5 or 3 Miles | Rest | 7 or 4 Miles | 8 or 4 Miles | Rest | 18 or 8 Miles | 12 or 5 Miles |
| August 21 | 5 or 4 Miles | Rest | 8 or 4 Miles | 8 or 4 Miles | Rest | 22 or 9 Miles | 14 or 6 Miles |
| August 28 | 5 or 4 Miles | Rest | 9 or 5 Miles | 5 Miles | Rest | 18 or 11 Miles | 14 or 6 Miles |
| September 4 | 5 or 4 Miles | Rest | 9 or 5 Miles | 5 Miles | Rest | 14 or 10 Miles | 20 or 6 Miles |
| September 11 | 5 or 4 Miles | Rest | 10 or 5 Miles | 5 Miles | Rest | 24 or 13 Miles | 20 or 6 Miles |
| September 18 | 5 or 4 Miles | Rest | 8 or 4 Miles | 5 Miles | Rest | 18 or 9 Miles | 18 or 6 Miles |
| September 25 | 5 or 4 Miles | Rest | 6 or 4 Miles | 4 Miles | Rest | 12 or 6 Miles | 12 or 4 Miles |
| October 2 | 5 or 3 Miles | Rest | 4 or 3 Miles | Rest | Rest | 4 miles | 4 miles |
| October 9 | 3 Miles | Rest | 3 Miles | 3 Miles | Rest | Rest | Let's Race! |
| October 16 | Rest | Rest | 3 Miles | 3 Miles | Rest | Let's Race! | Rest |

The Garmin Kansas City Marathon and the IMT Des Moines Marathon encourage you to consult with your physician, physical therapist, and or personal trainer before you begin training for the I-35 Challenge if this is your first back-to-back race. For more information about the I-35 Challenge, visit www.desmoinesmarathon.com, and click on the I-35 Challenge page.