



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

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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
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May 29	3 or 2 Miles	Rest	3 or 2 Miles	3 or 2 Miles	Both	3 or 2 Miles	2 Miles
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June 5	3 Miles	Rest	3 Miles	3 Miles	Rest	3 Miles	3 or 2 Miles
June 5	3 1411163	rest	5 ivines	3 1411163	ricst	3 ivines	3 01 2 1411103
June 12	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	3 or 2 Miles
Julie 12	3 IVIIIES	Nest	3 Miles	3 Miles	IVEST	4 1011163	3 Of 2 Willes
June 19	3 Miles	Rest	4 or 3 Miles	4 or 3 Miles	Rest	6 Miles	3 Miles
Julie 19	5 ivilles	Rest	4 Of 5 IVIIIeS	4 01 3 Willes	rest	o ivilles	5 Milles
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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
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September 18	5 or 4 Miles	Rest	8 or 4 Miles	5 Miles	Rest	18 or 9 Miles	18 or 6 Miles
September 10	3 01 4 1411163	Rest	0 01 4 WIIICS	3 1411103	Nest	10 01 3 1411103	10 01 0 1411103
September 25	5 or 4 Miles	Rest	6 or 4 Miles	4 Miles	Rest	12 or 6 Miles	12 or 4 Miles
September 25	2 OL 4 IVILIES	Nest	U UI 4 IVIIIES	4 1411162	nest	TZ OI O IVIIIES	12 01 4 1011163
Ostabar 3	F or 2 N4:1	Dest	4 or 2 Miles	Doot	Doot	4 miles	4 mailes
October 2	5 or 3 Miles	Rest	4 or 3 Miles	Rest	Rest	4 miles	4 miles
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October 9	3 Miles	Rest	3 Miles	3 Miles	Rest	Rest	Let's Race!
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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.