



Principal Financial Group 5K Road Race Beginning Walking Program

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|---------------|----------------------------|---|------------------|---------------|------------------|---|
| | easy | rest or cross train | brisk | race pace | rest | long walk | rest |
| Aug 31 | 15 minutes | rest | 15 minutes | 15 minutes | rest | ½ mile | rest |
| Sept 7 | 15 minutes | rest | 15 minutes | 15 minutes | rest | ½ mile | rest |
| Sept 14 | 30 minutes | rest | 15 minute warm up 15 minute brisk walk | ½ mile | rest | 1 mile | rest |
| Sept 21 | 30 minutes | rest | 15 minute warm up 15 minute brisk walk | 1 mile | rest | 1½ miles | rest |
| Sept 28 | 45 minutes | rest | 15 minute warm up 30 minute brisk walk | 1½ mile | rest | 2 miles | rest |
| October 5 | 45 minutes | rest | 15 minute warm up 30 minute brisk walk | 2 miles | rest | 2½ miles | rest |
| October 12 | 45 minutes | rest | 15 minute warm up 30 minute brisk walk | 1½ miles | rest | rest | Principal Financial Group 5K Road Race |

**IMT Des Moines Marathon
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