



## IMT Des Moines Marathon Marathon/Half Marathon Training Guide Three Month Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	easy	rest or cross train	hills	race pace marathon	rest	long run marathon	rest
<b>July 20</b>	5 mile	rest	5 mile	6 miles	rest	10 miles	rest
<b>July 27</b>	5 mile	rest	6 miles	6 miles	rest	12 miles	rest
<b>August 3</b>	5 miles	rest	6 miles	7 miles	rest	12 miles	rest
<b>August 10</b>	5 miles	rest	7 miles	7 miles	rest	14 miles	rest
<b>August 17</b>	5 miles	rest	7 miles	7 miles	rest	12 miles	rest
<b>August 24</b>	5 miles	rest	7 miles	8 miles	rest	16 miles	rest
<b>August 31</b>	5 miles	rest	8 miles	8 miles	rest	12 miles	rest
<b>Sept 7</b>	5 miles	rest	9 miles	5 miles	rest	18 miles	rest
<b>Sept 14</b>	5 miles	rest	9 miles	5 miles	rest	12 miles	rest
<b>Sept 21</b>	5 miles	rest	10 miles	5 miles	rest	20 miles	rest
<b>Sept 28</b>	5 miles	rest	8 miles	5 miles	rest	14 miles	rest
<b>October 5</b>	5 miles	rest	6 miles	4 miles	rest	10 miles	rest
<b>October 12</b>	5 miles	rest	4 miles	rest	1 mile	rest	<b>IMT Des Moines Marathon</b>

**To enhance your personal training program visit  
[www.desmoinesmarathon.com](http://www.desmoinesmarathon.com) and click on Training  
 and then Local Resources or National Resources.  
 You can also email the IMT Des Moines Marathon at  
[info@desmoinesmarathon.com](mailto:info@desmoinesmarathon.com) with your questions.**