



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

|                   | Monday  | Tuesday             | Wednesday | Thursday             | Friday  | Saturday             | Sunday                                 |
|-------------------|---------|---------------------|-----------|----------------------|---------|----------------------|--|
|                   | easy    | rest or cross train | hills     | race pace            | rest    | long run             | rest                                   |
| <b>Week of</b>    |         |                     |           | <b>marathon/half</b> |         | <b>marathon/half</b> |  |
| <b>June 22</b>    | 3 miles | rest                | 3 miles   | 4/3 miles            | rest    | 6/3 miles            | rest                                   |
| <b>June 29</b>    | 3 miles | rest                | 4 miles   | 5/3 miles            | rest    | 8/4 miles            | rest                                   |
| <b>July 6</b>     | 3 miles | rest                | 4 miles   | 5/3 miles            | rest    | 10/5 miles           | rest                                   |
| <b>July 13</b>    | 3 miles | rest                | 5 miles   | 6/3 miles            | rest    | 14/7 miles           | rest                                   |
| <b>July 20</b>    | 3 miles | rest                | 5 miles   | 6/3 miles            | rest    | 16/8 miles           | rest                                   |
| <b>July 27</b>    | 3 miles | rest                | 6 miles   | 6/3 miles            | rest    | 10/6 miles           | rest                                   |
| <b>August 3</b>   | 3 miles | rest                | 6 miles   | 7/4 miles            | rest    | 16/8 miles           | rest                                   |
| <b>August 10</b>  | 3 miles | rest                | 7 miles   | 7/4 miles            | rest    | 12/6 miles           | rest                                   |
| <b>August 17</b>  | 3 miles | rest                | 7 miles   | 7/4 miles            | rest    | 18/9 miles           | rest                                   |
| <b>August 24</b>  | 4 miles | rest                | 7 miles   | 8/4 miles            | rest    | 12/6 miles           | rest                                   |
| <b>August 31</b>  | 4 miles | rest                | 8 miles   | 8/5 miles            | rest    | 18/9 miles           | rest                                   |
| <b>Sept 7</b>     | 4 miles | rest                | 9 miles   | 5 miles              | rest    | 20/10 miles          | rest                                   |
| <b>Sept 14</b>    | 5 miles | rest                | 9 miles   | 5 miles              | rest    | 14/7 miles           | rest                                   |
| <b>Sept 21</b>    | 5 miles | rest                | 10 miles  | 5 miles              | rest    | 20/10 miles          | rest                                   |
| <b>Sept 28</b>    | 5 miles | rest                | 8 miles   | 5 miles              | rest    | 12/6 miles           | rest                                   |
| <b>October 5</b>  | 4 miles | rest                | 6 miles   | 4 miles              | rest    | 6/3 miles            | rest                                   |
| <b>October 12</b> | 3 miles | rest                | 4 miles   | rest                 | 2 miles | rest                 | <b>IMT<br/>Des Moines<br/>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.**