



I-35 Challenge Marathon & Half Marathon Training Guide

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Easy	Rest or cross train	Hills	Race Pace	Rest	Long Run	Long Run
Division	Marathon/Half		Marathon/Half	Marathon/Half		Marathon/Half	Marathon/Half
June 9	3 Miles	Rest	3 Miles	3 Miles	Rest	3 Miles	Rest
June 16	3 Miles	Rest	3 Miles	3 Miles	Rest	4 Miles	Rest
June 23	3 Miles	Rest	4/3 Miles	4/3 Miles	Rest	6 Miles	3 Miles
June 30	5/3 Miles	Rest	5/3 Miles	6/3 Miles	Rest	10/7 Miles	4/3 Miles
July 7	5/3 Miles	Rest	5/3 Miles	6/3 Miles	Rest	12/8 Miles	6/3 Miles
July 14	5/3 Miles	Rest	5/3 Miles	6/4 Miles	Rest	14/7 Miles	6/4 Miles
July 21	5/3 Miles	Rest	6/3 Miles	6/4 Miles	Rest	16/9 Miles	8/4 Miles
July 28	5/3 Miles	Rest	6/3 Miles	7/4 Miles	Rest	14/8 Miles	9/4 Miles
August 4	5/3 Miles	Rest	7/4 Miles	7/4 Miles	Rest	18/9 Miles	10/5 Miles
August 11	5/3 Miles	Rest	7/4 Miles	7/4 Miles	Rest	12/10 Miles	10/5 Miles
August 18	5/3 Miles	Rest	7/4 Miles	8/4 Miles	Rest	18/8 Miles	12/5 Miles
August 25	5/4 Miles	Rest	8/4 Miles	8/4 Miles	Rest	22/9 Miles	14/6 Miles
September 1	5/4 Miles	Rest	9/5 Miles	5 Miles	Rest	18/11 Miles	14/6 Miles
September 8	5/4 Miles	Rest	9/5 Miles	5 Miles	Rest	14/10 Miles	20/6 Miles
September 15	5/4 Miles	Rest	10/5 Miles	5 Miles	Rest	24/13 Miles	20/6 Miles
September 22	5/4 Miles	Rest	8/4 Miles	5 Miles	Rest	18/9 Miles	18/6 Miles
September 29	5/4 Miles	Rest	6/4 Miles	4 Miles	Rest	12/6 Miles	12/4 Miles
October 6	5/3/ Miles	Rest	4/3 Miles	Rest	Rest	12/6 Miles	12/4 Miles
October 13	Rest	Rest	1-2 Miles	Rest	Rest	Kansas City	Des Moines

The Kansas City Marathon presented by Garmin and IMT Des Moines Marathon encourage you to consult with your personal physician, physical therapist and/or personal trainer before you begin training for the I-35 Challenge.