

Beginner 5-Person Team Relay Series Training Plan

(Longer distance legs should train at the upper mileage ranges)

Week	Day1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	10-15 min	Walk/cross	10-15 min	1 m	Cross	3-4 m
2	10-15 min	Walk/cross	10-15 min	1 m	Cross	3-4 m
3	10-15 min	Walk/cross	10-15 min	2 m	Cross	4-5 m
4	10-15 min	Walk/cross	10-15 min	1 m	Cross	3-4 m
5	10-15 min	Walk/cross	10-15 min	National Interstate (1 mile)	Cross	3-4 m
6	15-20 min	Walk/cross	15-20 min	2 m	Cross	5-6 m
7	20-25 min	Walk/cross	20-25 min	3 m	Cross	7-8 m
8	10 min	Walk/cross	15 min	4 m	Cross	6-7 m
9	20-25 min	Walk/cross	25-30 min	5 m	Cross	9-11 m
10	15 min	Walk/cross	15 min	3 m	Cross	5-6 m
11	20-25 min	Walk/cross	20-25 min	Goodyear (10k)	Cross	10- 11 m
12	20-25 min	Walk/cross	25-30 min	5 m	Cross	9-11 m
13	20-25 min	Walk/cross	20-25 min	3-5 m	Cross	7- 10 m
14	30 min	Walk/cross	30 min	3-6 m	Cross	9- 12 m
15	25-30 min	Walk/cross	25-30 min	3 m	Cross	8-9 m
16	40 min	Walk/cross	30 min	4-7 m	Cross	11-14 m
17	25 min	Walk/cross	25 min	3 m	Cross	8 m
18	20 min	Walk/cross	20 min	FirstEnergy (Relay)	Rest	8-12 m

*Adapted from Jeff Galloway's 10k training Plan

*m=mile *Cross=Cross train- any activity, such as biking, that increases heart rate other than running

*Akron Marathon assumes no liability for schedules. They are only guidelines.