

## Beginner Full Marathon (26.2 miles) Series Training Plan

(Advised to have been consistently running 3-4 miles 3 times a week for one year prior to starting this training plan)

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	3 m	3 m	3 m	6 m	Cross	15
2	3 m	3 m	3 m	7 m	Cross	16
3	3 m	4 m	3 m	8 m	Cross	18
4	3 m	4 m	3 m	9 m	Cross	19
5	3 m	4 m	3 m	<b>National Interstate (8k)</b>	Cross	15
6	3 m	4 m	3 m	11 m	Cross	21
7	3 m	5 m	3 m	13 m	Cross	24
8	3 m	5 m	3 m	14 m	Cross	25
9	3 m	6 m	3 m	9 m	Cross	21
10	4 m	6 m	3 m	16 m	Cross	29
11	3 m	6 m	4 m	<b>Goodyear (Half)</b>	Cross	26.1
12	4 m	7 m	4 m	17 m	Cross	32
13	4 m	8 m	4 m	18 m	Cross	34
14	4 m	8 m	5 m	12 m	Cross	29
15	4 m	9 m	5 m	20 m	Cross	38
16	5 m	7 m	5 m	14 m	Cross	31
17	4 m	6 m	3 m	8 m	Cross	21
18	3 m	4 m	2 m	<b>FirstEnergy (Full)</b>	Rest	35.2

\*Adapted from Hal Higdon Marathon training plans

\*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.