



Beginner 8k to 10k to Relay Training Plan

Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	4/1-4/7	10-15 min	Walk/Cross	10-15 min	1 m	Cross	3-4 m
2	4/8-4/14	10-15 min	Walk/Cross	10-15 min	1 m	Cross	3-4 m
3	4/15-4/21	15 min	Walk/Cross	15 min	1 m	Cross	4 m
4	4/22-4/28	15-20 min	Walk/Cross	15-20 min	2 m	Cross	5-6 m
5	4/29-5/5	15-20 min	Walk/Cross	15-20 min	2 m	Cross	5-6 m
6	5/6-5/12	20 min	Walk/Cross	20 min	3 m	Cross	7 m
7	5/13-5/19	20-25 min	Walk/Cross	20-25 min	3 m	Cross	7- 8 m
8	5/20-5/26	20-25 min	Walk/Cross	20-25 min	4 m	Cross	8- 9 m
9	5/27-6/2	25 min	Walk/Cross	25 min	4 m	Cross	9 m
10	6/3-6/9	25-30 min	Walk/Cross	25-30 min	5 m	Cross	10-11 m
11	6/10-6/16	30 min	Walk/Cross	30 min	5 m	Cross	11 m
12	6/17-6/23	25 min	Walk/Cross	25 min	3 m	Cross	8 m
13	6/24-6/30	20 min	Walk/Cross	20 min	8K Race Day	Rest	9 m
14	7/1-7/7	15-20 min	Walk/Cross	15-20 min	2 m	Cross	5 -6 m
15	7/8-7/14	40 min	Walk/Cross	40 min	5 m	Cross	11-13 m
16	7/15-7/21	35 min	Walk/Cross	35 min	4 m	Cross	10-11 m
17	7/22-7/28	45 min	Walk/Cross	45 min	6 m	Cross	13-15 m
18	7/29-8/4	35 min	Walk/Cross	35 min	4 m	Cross	10-11 m
19	8/5-8/11	30 min	Walk/Cross	25 min	10K Race Day	Rest	11 m
20	8/12-8/18	15-20 min	Walk/Cross	15-20 min	3 m	rest	6-7
21	8/19-8/25	30	Walk/Cross	30	4 m	rest	9-10
22	8/26-9/1	40	Walk/Cross	40	5 m	cross	11-13
23	9/2-9/8	40	Walk/Cross	40	5 m	cross	11-13
24	9/9-9/15	45	Walk/Cross	45	6 m	cross	13-15
25	9/16-9/22	30	Walk/Cross	30	4 m	cross	9-10
26	9/23-9/29	25	Walk/Cross	25	RELAY Race Day	rest	7-10

*Adapted from Hal Higdon Half Marathon training plans. Plan written for those just starting to run or getting back into running after an extended period off.

***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.**



Beginner Half Marathon (13.1 miles) Series Training Plan 8k to 10k to Half Training Plan

Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	4/1-4/7	10-15 min	Walk/Cross	10-15 min	1 m	Cross	3-4 m
2	4/8-4/14	10-15 min	Walk/Cross	10-15 min	1 m	Cross	3-4 m
3	4/15-4/21	15 min	Walk/Cross	15 min	1 m	Cross	4 m
4	4/22-4/28	15-20 min	Walk/Cross	15-20 min	2 m	Cross	5-6 m
5	4/29-5/5	15-20 min	Walk/Cross	15-20 min	2 m	Cross	5-6 m
6	5/6-5/12	20 min	Walk/Cross	20 min	3 m	Cross	7 m
7	5/13-5/19	20-25 min	Walk/Cross	20-25 min	3 m	Cross	7- 8 m
8	5/20-5/26	20-25 min	Walk/Cross	20-25 min	4 m	Cross	8- 9 m
9	5/27-6/2	25 min	15 min	25 min	4 m	Cross	10 m
10	6/3-6/9	25-30 min	15 min	25-30 min	5 m	Cross	11-12 m
11	6/10-6/16	30 min	20 min	30 min	5 m	Cross	13 m
12	6/17-6/23	25 min	20 min	25 min	3 m	Cross	10 m
13	6/24-6/30	20 min	Walk/Cross	20 min	8K RACE DAY	Rest	9 m
14	7/1-7/7	20 min	Walk/Cross	20 min	2 m	Cross	5 -6 m
15	7/8-7/14	30 min	30 min	30 min	7 m	Cross	15-16 m
16	7/15-7/21	35 min	30 min	35 min	4 m	Cross	13-14 m
17	7/22-7/28	40 min	40 min	30 min	8 m	Cross	18-19 m
18	7/29-8/4	35 min	45 min	35 min	4 m	Cross	15 m
19	8/5-8/11	30 min	25 min	25 min	10K RACE DAY	Rest	13 m
20	8/12-8/18	30 min	40 min	30 min	7 m	rest	17 m
21	8/19-8/25	35 min	40 min	35 min	9 m	rest	20 m
22	8/26-9/1	40 min	50 min	30 min	11 m	cross	23 m
23	9/2-9/8	40 min	50 min	30 min	9 m	cross	21 m
24	9/9-9/15	45 min	50 min	30 min	12 m	cross	24 m
25	9/16-9/22	30 min	40 min	30 min	7 m	cross	17 m
26	9/23-9/29	30 min	Walk/Cross	20 min	HALF RACE DAY	rest	18 m

*Adapted from Hal Higdon Half Marathon training plans. Plan written for those just starting to run or getting back into running after an extended period off.

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