

Leisure 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	National Interstate (8k)	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	Goodyear (Half)	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	FirstEnergy (Full)	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.

Leisure Half Marathon (13.1 miles) Series Training Plan

(Advised to be able to run 2-3 miles 3 times a week prior to starting this training plan)

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	3 m	2 m	off	3 m	Cross	8 m
2	3 m	2 m	off	4 m	Cross	9 m
3	3 m	2 m	off	5 m	Cross	10 m
4	3 m	2 m	off	3 m	Cross	8 m
5	3m	3 m	off	National Interstate (8k)	Cross	11m
6	3 m	2 m	3 m	4 m	Cross	12 m
7	3 m	3 m	3 m	6 m	Cross	15 m
8	3 m	4 m	3 m	7 m	Cross	17 m
9	3 m	4 m	3 m	8 m	Cross	18 m
10	3 m	2 m	3 m	4 m	Cross	12 m
11	3 m	5 m	3 m	Goodyear (10k)	Cross	17.2 m
12	3 m	4 m	3 m	9 m	Cross	19 m
13	3 m	4 m	3 m	10 m	Cross	20 m
14	3 m	5 m	3 m	11 m	Cross	22 m
15	3 m	4 m	3 m	7 m	Cross	17 m
16	4 m	5 m	3 m	12 m	Cross	24 m
17	3 m	4 m	3 m	7 m	Cross	17 m
18	3 m	2 m	2 m	FirstEnergy (Half)	Rest	20.1 m

*Adapted from Hal Higdon Half Marathon training plans

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Beginner/Leisure 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

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