



## 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	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	5/27/19	3 m	3 m	3 m	6 m	Cross	15
2	6/3/19	3 m	3 m	3 m	7 m	Cross	16
3	6/10/19	3 m	4 m	3 m	8 m	Cross	18
4	6/17/19	3 m	4 m	3 m	9 m	Cross	19
5	6/24/19	3 m	4 m	3 m	<b>National Interstate (8k)</b>	Cross	15
6	7/1/19	3 m	4 m	3 m	11 m	Cross	21
7	7/8/19	3 m	5 m	3 m	13 m	Cross	24
8	7/15/19	3 m	5 m	3 m	14 m	Cross	25
9	7/22/19	3 m	6 m	3 m	9 m	Cross	21
10	7/29/19	4 m	6 m	3 m	16 m	Cross	29
11	8/5/19	3 m	6 m	4 m	<b>Goodyear (Half)</b>	Cross	26.1
12	8/12/19	4 m	7 m	4 m	17 m	Cross	32
13	8/19/19	4 m	8 m	4 m	18 m	Cross	34
14	8/26/19	4 m	8 m	5 m	12 m	Cross	29
15	9/2/19	4 m	9 m	5 m	20 m	Cross	38
16	9/9/19	5 m	7 m	5 m	14 m	Cross	31
17	9/16/19	4 m	6 m	3 m	8 m	Cross	21
18	9/23/19	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.



## Beginner 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	Monday	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	5/27/19	3 m	2 m	off	3 m	Cross	8 m
2	6/3/19	3 m	2 m	off	4 m	Cross	9 m
3	6/10/19	3 m	2 m	off	5 m	Cross	10 m
4	6/17/19	3 m	2 m	off	3 m	Cross	8 m
5	6/24/19	3m	3 m	off	<b>National Interstate (8k)</b>	Cross	11m
6	7/1/19	3 m	2 m	3 m	4 m	Cross	12 m
7	7/8/19	3 m	3 m	3 m	6 m	Cross	15 m
8	7/15/19	3 m	4 m	3 m	7 m	Cross	17 m
9	7/22/19	3 m	4 m	3 m	8 m	Cross	18 m
10	7/29/19	3 m	2 m	3 m	4 m	Cross	12 m
11	8/5/19	3 m	5 m	3 m	<b>Goodyear (10k)</b>	Cross	17.2 m
12	8/12/19	3 m	4 m	3 m	9 m	Cross	19 m
13	8/19/19	3 m	4 m	3 m	10 m	Cross	20 m
14	8/26/19	3 m	5 m	3 m	11 m	Cross	22 m
15	9/2/19	3 m	4 m	3 m	7 m	Cross	17 m
16	9/9/19	4 m	5 m	3 m	12 m	Cross	24 m
17	9/16/19	3 m	4 m	3 m	7 m	Cross	17 m
18	9/23/19	3 m	2 m	2 m	<b>FirstEnergy (Half)</b>	Rest	20.1 m

\*Adapted from Hal Higdon Half Marathon training plans

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## Beginner 5-Person Team Relay Series Training Plan

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

Week	Monday	Day1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	5/27/19	10-15 min	Walk/cross	10-15 min	2 m	Cross	4-5 m
2	6/3/19	10-15 min	Walk/cross	10-15 min	3 m	Cross	5-6 m
3	6/10/19	15-20 min	Walk/cross	15-20 min	4 m	Cross	6-7 m
4	6/17/19	15-20 min	Walk/cross	20-25 min	5 m	Cross	8-9 m
5	6/24/19	10-15 min	Walk/cross	10-15 min	<b>National Interstate (8k)</b>	Cross	7-8 m
6	7/1/19	15-20 min	Walk/cross	15-20 min	2 m	Cross	4-5 m
7	7/8/19	20-25 min	Walk/cross	20-25 min	4 m	Cross	8-9 m
8	7/15/19	10 min	Walk/cross	15 min	5 m	Cross	7 m
9	7/22/19	20-25 min	Walk/cross	25-30 min	6 m	Cross	10-11 m
10	7/29/19	20-25 min	Walk/cross	20-25 min	3 m	Cross	7-8 m
11	8/5/19	15 min	Walk/cross	15 min	<b>Goodyear (10k)</b>	Cross	8-9 m
12	8/12/19	20-25 min	Walk/cross	25-30 min	5 m	Cross	9-10 m
13	8/19/19	20-25 min	Walk/cross	20-25 min	3-5 m	Cross	7-10 m
14	8/26/19	30 min	Walk/cross	30 min	3-6 m	Cross	9-12 m
15	9/2/19	25-30 min	Walk/cross	25-30 min	3 m	Cross	8-9 m
16	9/9/19	40 min	Walk/cross	30 min	4-7 m	Cross	11-14 m
17	9/16/19	25 min	Walk/cross	25 min	3 m	Cross	7-8 m
18	9/23/19	20 min	Walk/cross	20 min	<b>FirstEnergy (Relay)</b>	Rest	7-11 m

\*Adapted from Jeff Galloway's 10k training Plan

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

Week	Monday	Day1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	5/27/19	10-15 min	Walk/cross	10-15 min	1 m	Cross	3-4 m
2	6/3/19	10-15 min	Walk/cross	10-15 min	1 m	Cross	3-4 m
3	6/10/19	10-15 min	Walk/cross	10-15 min	2 m	Cross	4-5 m
4	6/17/19	10-15 min	Walk/cross	10-15 min	1 m	Cross	3-4 m
5	6/24/19	10-15 min	Walk/cross	10-15 min	<b>National Interstate (1 mile)</b>	Cross	3-4 m
6	7/1/19	15-20 min	Walk/cross	15-20 min	2 m	Cross	5-6 m
7	7/8/19	20-25 min	Walk/cross	20-25 min	3 m	Cross	7-8 m
8	7/15/19	10 min	Walk/cross	15 min	4 m	Cross	6-7 m
9	7/22/19	20-25 min	Walk/cross	25-30 min	5 m	Cross	9-11 m
10	7/29/19	15 min	Walk/cross	15 min	3 m	Cross	5-6 m
11	8/5/19	20-25 min	Walk/cross	20-25 min	<b>Goodyear (10k)</b>	Cross	10- 11 m
12	8/12/19	20-25 min	Walk/cross	25-30 min	5 m	Cross	9-11 m
13	8/19/19	20-25 min	Walk/cross	20-25 min	3-5 m	Cross	7- 10 m
14	8/26/19	30 min	Walk/cross	30 min	3-6 m	Cross	9- 12 m
15	9/2/19	25-30 min	Walk/cross	25-30 min	3 m	Cross	8-9 m
16	9/9/19	40 min	Walk/cross	30 min	4-7 m	Cross	11-14 m
17	9/16/19	25 min	Walk/cross	25 min	3 m	Cross	8 m
18	9/23/19	20 min	Walk/cross	20 min	<b>FirstEnergy (Relay)</b>	Rest	8-12 m

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