



Competitive Full Marathon (26.2 miles) Series Training Plan

(should be consistently running 25-30 miles a week before starting this training plan)

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Weekly Mileage
1 5/27/19	4 m easy	5 m easy	5 m easy	6 m easy	Cross	8 m easy	28 m
2 6/3/19	4 m fartlek	5 m easy	5 m hilly course	6 m progression	Cross	10 m easy	30 m
3 6/10/19	4 m fartlek	6 m easy	5 m hilly course	6 m progression	Cross	12 m last 2 full pace	33 m
4 6/17/19	4 m fartlek	5 m easy	4 m hilly course	6 m progression	Cross	7 m easy	26 m
5 6/24/19	5 m fartlek	5 m hilly course	4 m easy	3 m easy	Cross	National Interstate (8k)	24 m
6 7/1/19	5 m 6x800 5k pace	6 m easy	5 m 2x1 m 10k pace	6 m easy	Cross	14 m last 3 full pace	36 m
7 7/8/19	6 m 7x800 5k pace	5 m easy	6 m 3x1 m 10k pace	7 m easy	Cross	16 m last 4 full pace	40 m
8 7/15/19	6 m 8x800 5k pace	6 m easy	5 m easy	7 m progression	Cross	8 m easy	32 m
9 7/22/19	7 m 4x1 m 10k pace	5 m easy	8 m 3 m half pace, 2 m 10k pace	6 m easy	Cross	18 m Last 5 full pace	44 m
10 7/29/19	4 m easy	6 m 4 m half pace	5 m easy	6 m progression	Cross	12 m easy	33 m
11 8/10/19	6 m Last 2 m half pace	5 m easy	5 m 2x1 m 10k pace	4 m easy	Cross	Goodyear (Half)	35 m
12 8/12/19	6 m easy	7 m hilly course	10 m progression	6 m easy	Cross	19 m Last 6 full pace	48 m
13 8/19/19	6 m 4x1 10k pace	6 m hilly course	10 m 3x2 m half pace	8 m easy	Cross	12 m easy	42 m
14 8/26/19	8 m 2x2 m 10k pace	7 m hilly course	10 m 4x2 m half pace	7 m easy	Cross	21 m easy	53 m
15 9/2/19	7 m Last 2 half pace	7 m easy	13 m hilly course	8 m 2x3 m half pace	Cross	23 m Last 8 full pace	58 m
16 9/9/19	6 m 2x2 m half pace	6 m easy	10 m hilly course	7 m 4 m half pace	Cross	16 m Last 2 full pace	45 m
17 9/16/19	7 m 2x2 m half pace	6 m easy	8 m progression	6 m 3 m half pace	Cross	10 m easy	37 m
18 9/23/19	5 m 2x1 m Half pace	3 m easy	4 m 1 m full pace, 1 m half pace	3 m easy	Rest	FirstEnergy (Full)	41 m

*Adapted from Brad Hudson 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.



Competitive Half Marathon (13.1 miles) Series Training Plan

(should be consistently running 20-30 miles a week before starting this training plan)

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Weekly Mileage
1 5/27/19	4 m easy	5 m easy	5 m easy	6 m easy	Cross	6 m easy	26 m
2 6/3/19	4 m fartlek	6 m easy	5 m hilly course	6 m easy	Cross	7 m easy	28 m
3 6/10/19	5 m fartlek	6 m easy	5 m hilly course	6 m progression	Cross	8 m easy	30 m
4 6/17/19	4 m fartlek	5 m easy	4 m hilly course	6 m progression	Cross	5 m easy	24 m
5 6/24/19	5 m fartlek	5 m hilly course	4 m easy	3 m easy	Cross	National Interstate (8k)	25 m
6 7/1/19	5 easy	6 fartlek	6 easy	5 progression	Cross	8 m last 1m half pace	30 m
7 7/8/19	6 4x800 5k pace	5 easy	7 2 m 10k pace	6 easy	Cross	10 m Last 2m half pace	34 m
8 7/15/19	5 5x800 5k pace	5 easy	6 progression	6 easy	Cross	8 m easy	30 m
9 7/22/19	7 6x800 5k pace	6 easy	8 2 m half pace, 1 m 10k pace	6 easy	Cross	11 m Last 3m half pace	38 m
10 7/29/19	6 7x800 5k pace	6 easy	7 2 m 10k pace	6 easy	Cross	7 m easy	32 m
11 8/10/19	6 2x1 m 10k pace	5 easy	5 Last 2 m half pace	4 easy	Cross	Goodyear (10k)	28 m
12 8/12/19	7 easy	6 easy	8 3x1 m half pace	6 easy	Cross	12 m Last 3m half pace	39 m
13 8/19/19	7 3x1 m 10k pace	7 easy	8 2x2 m half pace	6 easy	Cross	13 m Last 4m half pace	41 m
14 8/26/19	6 4x1 m 10k pace	7 hilly course	6 progression	6 easy	Cross	8 m easy	33 m
15 9/2/19	8 3x1 m 10k pace 3x800 5k pace	7 hilly course	9 3x2 m half pace	6 easy	Cross	14 m Last 4m half pace	44 m
16 9/9/19	8 4x1 m 10k pace 4x800 5k pace	7 hilly course	9 2x3 m half pace	6 easy	Cross	15 m Last 2m half pace	45 m
17 9/16/19	6 2x1 m 10k pace 2x800 5k pace	5 hilly course	7 3x1 m 10k pace	5 easy	Cross	7 m easy	30 m
18 9/23/19	4 2x1 m half pace	3 easy	4 4x800 5k pace	3 easy	Rest	FirstEnergy (Half)	27 m



*Adapted from Brad Hudson Half Marathon training plans

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Competitive 5-Person Team Relay Series Training Plan

(should be consistently running 20-30 miles a week before starting this training plan)

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Weekly Mileage
1 5/27/19	4 m easy	5 m easy	4 m easy	6 m easy	Cross	6 m easy	25 m
2 6/3/19	4 m fartlek	5 m easy	5 m hilly course	6 m progression	Cross	7 m easy	27 m
3 6/10/19	4 m fartlek	6 m easy	5 m hilly course	6 m progression	Cross	8 m easy	29 m
4 6/17/19	4 m fartlek	5 m easy	4 m hilly course	6 m progression	Cross	4 m easy	23 m
5 6/24/19	5 m fartlek	5 m hilly course	4 m easy	3 m easy	Cross	National Interstate (8k)	25 m
6 7/1/19	5 easy	6 fartlek	7 m easy	6 m 4x20sec. strides	Cross	6 m easy	30 m
7 7/8/19	7 6x800 10k pace	6 easy	7 m Last 2 m half pace	6 m 5x20sec. strides	Cross	7 m easy	33 m
8 7/15/19	5 7x800 10k pace	5 easy	5 miles Last 2 m half pace	7 m Easy	Cross	8 m Last 1 m 10k pace	30 m
9 7/22/19	7 8x800 10k pace	6 easy	8 m Last 3 m half pace	7 m Easy 5x20sec. strides	Cross	9 m Last 2m 10k pace	37 m
10 7/29/19	6 2x1m 10k pace 4x800 5k pace	6 easy	7 m Last 3 m half pace	6 m easy	Cross	7 m easy	32 m
11 8/10/19	6 2x1 m 10k pace 4x800 5k pace	5 easy	5 Last 2 m half pace	4 easy	Cross	Goodyear (10k)	28 m
12 8/12/19	7 m easy	6 m easy	7 m progression	6 m easy	Cross	6 m easy	32 m
13 8/19/19	7m 6x800 5k pace	6 m easy	8 m 2 m 10k pace	7 m 5x20sec. strides	Cross	8 m Last 1 m 10k pace	36 m
14 8/26/19	6m 7x800 5k pace	5 m hilly course	7 m easy	6 m 5x20sec. strides	Cross	7 m easy	31 m
15 9/2/19	7m 8x800 5k pace	7 m hilly course	8 m 2 m 10k pace	7 m 5x20sec. strides	Cross	9 m Last 2m 10k pace	38 m
16 9/9/19	8m 3x1 m 10k pace 2x800 5k pace	7 m hilly course	8 m 2 m 10k pace	7 m 5x20sec. strides	Cross	10 m Last 3m 10k pace	40 m
17 9/16/19	6m 3x1 m 10k pace 4x800 5k pace	5 m hilly course	5 m easy	6 m progression	Cross	5 m easy	27 m
18 9/23/19	5 m 1 m 5k pace 6x400 5k pace	3 m easy	4 m 5x20 sec. strides	3 m easy	Rest	FirstEnergy (Relay)	22 m



*Adapted from Brad Hudson 10k training Plan

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

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Workout Descriptions

With various starting points and race goals the plan is set to be adaptable to each person. Below is a description of the workouts you can tailor to your own needs.

Progression Run- Start your run at an easy pace. During the final 10-30 min of the run increase your pace to a moderately hard (but controlled) effort. Start your first progression run with 10 min of moderately hard effort and build throughout the training plan.

Fartlek Run- A pace workout where you alternate between a set time at 5k-10k pace and a set time of easy running. Start your first fartlek workout with short pace intervals and short workout duration and slowly build over the weeks of training your pace interval duration and overall workout duration. Do a mile or two warmup and cooldown with this workout.

Repeats- Do a mile or two warmup and cooldown with this workout. The recommended workout distances are written in the plan but the recovery between repeats can be adapted to your needs. Rest periods are typically 1-3 minutes in duration.

Easy Run- Should be done at a comfortable pace