

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	National Insterstate (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	7 m	4 m	17 m	Cross	31
12	3 m	6 m	4 m	Goodyear (Half)	Cross	26.1
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.**