



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 5/25/20 | 4 m easy | 5 m easy | 5 m easy | 6 m easy | Cross | 8 m easy | 28 m |
| 2 6/1/20 | 4 m fartlek | 5 m easy | 5 m hilly course | 6 m progression | Cross | 10 m easy | 30 m |
| 3 6/8/20 | 4 m fartlek | 6 m easy | 5 m hilly course | 6 m progression | Cross | 12 m last 2 full pace | 33 m |
| 4 6/15/20 | 4 m fartlek | 5 m easy | 4 m hilly course | 6 m progression | Cross | 7 m easy | 26 m |
| 5 6/22/20 | 5 m fartlek | 5 m hilly course | 4 m easy | 3 m easy | Cross | National Interstate (8k) | 22 m |
| 6 6/29/20 | 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 7/6/20 | 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 7/13/20 | 6 m 8x800 5k pace | 6 m easy | 5 m easy | 7 m progression | Cross | 8 m easy | 32 m |
| 9 7/20/20 | 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 7/27/20 | 4 m easy | 6 m 4 m half pace | 5 m easy | 6 m progression | Cross | 12 m easy | 33 m |
| 11 8/3/20 | 6 m Last 2 m half pace | 5 m easy | 5 m 2x1 m 10k pace | 4 m easy | Cross | Goodyear (Half) | 33 m |
| 12 8/10/20 | 6 m easy | 7 m hilly course | 10 m progression | 6 m easy | Cross | 19 m Last 6 full pace | 48 m |
| 13 8/17/20 | 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 8/24/20 | 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 8/31/20 | 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 9/7/20 | 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 9/14/20 | 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 9/21/20 | 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 5/25/20 | 4 m easy | 5 m easy | 5 m easy | 6 m easy | Cross | 6 m easy | 26 m |
| 2 6/1/20 | 4 m fartlek | 6 m easy | 5 m hilly course | 6 m easy | Cross | 7 m easy | 28 m |
| 3 6/8/20 | 5 m fartlek | 6 m easy | 5 m hilly course | 6 m progression | Cross | 8 m easy | 30 m |
| 4 6/15/20 | 4 m fartlek | 5 m easy | 4 m hilly course | 6 m progression | Cross | 5 m easy | 24 m |
| 5 6/22/20 | 5 m fartlek | 5 m hilly course | 4 m easy | 3 m easy | Cross | National Interstate (8k) | 22 m |
| 6 6/29/20 | 5 easy | 6 fartlek | 6 easy | 5 progression | Cross | 8 m last 1m half pace | 30 m |
| 7 7/6/20 | 6 4x800 5k pace | 5 easy | 7 2 m 10k pace | 6 easy | Cross | 10 m Last 2m half pace | 34 m |
| 8 7/13/20 | 5 5x800 5k pace | 5 easy | 6 progression | 6 easy | Cross | 8 m easy | 30 m |
| 9 7/20/20 | 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 7/27/20 | 6 7x800 5k pace | 6 easy | 7 2 m 10k pace | 6 easy | Cross | 7 m easy | 32 m |
| 11 8/3/20 | 6 2x1 m 10k pace | 5 easy | 5 Last 2 m half pace | 4 easy | Cross | Goodyear (10k) | 26 m |
| 12 8/10/20 | 7 easy | 6 easy | 8 3x1 m half pace | 6 easy | Cross | 12 m Last 3m half pace | 39 m |
| 13 8/17/20 | 7 3x1 m 10k pace | 7 easy | 8 2x2 m half pace | 6 easy | Cross | 13 m Last 4m half pace | 41 m |
| 14 8/24/20 | 6 4x1 m 10k pace | 7 hilly course | 6 progression | 6 easy | Cross | 8 m easy | 33 m |
| 15 8/31/20 | 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 9/7/20 | 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 9/14/20 | 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 9/21/20 | 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

*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 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 5/25/20 | 4 m easy | 5 m easy | 4 m easy | 6 m easy | Cross | 6 m easy | 25 m |
| 2 6/1/20 | 4 m fartlek | 5 m easy | 5 m hilly course | 6 m progression | Cross | 7 m easy | 27 m |
| 3 6/8/20 | 4 m fartlek | 6 m easy | 5 m hilly course | 6 m progression | Cross | 8 m easy | 29 m |
| 4 6/15/20 | 4 m fartlek | 5 m easy | 4 m hilly course | 6 m progression | Cross | 4 m easy | 23 m |
| 5 6/22/20 | 5 m fartlek | 5 m hilly course | 4 m easy | 3 m easy | Cross | National Interstate (8k) | 22 m |
| 6 6/29/20 | 5 easy | 6 fartlek | 7 m easy | 6 m 4x20sec. strides | Cross | 6 m easy | 30 m |
| 7 7/6/20 | 7 6x800 10k pace | 6 easy | 7 m Last 2 m half pace | 6 m 5x20sec. strides | Cross | 7 m easy | 33 m |
| 8 7/13/20 | 5 7x800 10k pace | 5 easy | 5 miles Last 2 m half pace | 7 m Easy | Cross | 8 m Last 1m 10k pace | 30 m |
| 9 7/20/20 | 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 7/27/20 | 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 8/3/20 | 6 2x1 m 10k pace 4x800 5k pace | 5 easy | 5 Last 2 m half pace | 4 easy | Cross | Goodyear (10k) | 26 m |
| 12 8/10/20 | 7 m easy | 6 m easy | 7 m progression | 6 m easy | Cross | 6 m easy | 32 m |
| 13 8/17/20 | 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 8/24/20 | 6m 7x800 5k pace | 5 m hilly course | 7 m easy | 6 m 5x20sec. strides | Cross | 7 m easy | 31 m |
| 15 8/31/20 | 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 9/7/20 | 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 9/14/20 | 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 9/21/20 | 5 m 1 m 5k pace 6x400 5k pace | 3 m easy | 4 m 5x20 sec. strides | 3 m easy | Rest | FirstEnergy (Relay) | 21 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