

Competitive Full Marathon (26.2 miles) Series Training Plan

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

Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Weekly Mileage
1	5/23/22	4 m easy	5 m easy	5 m easy	6 m easy	Cross	8 m easy	28 m
2	5/30/22	4 m fartlek	5 m easy	5 m hilly course	6 m easy	Cross	10 m easy	30 m
3	6/6/22	4 m fartlek	6 m easy	5 m hilly course	6 m easy	Cross	12 m 	33 m
4	6/13/22	4 m fartlek	5 m easy	4 m hilly course	6 m easy	Cross	7 m easy	26 m
5	6/20/22	5 m 6x800 @ 5k	5 m hilly course	4 m easy	3 m easy	Cross	5 m 	22 m
6	6/27/22	5 m easy	6 m easy	5 m 2x1 m @ 10k	6 m easy	Cross	14 m last 3 @ full	36 m
7	7/4/22	6 m 7x800 @ 5k	5 m easy	6 m 3x1 m @ 10k	7 m easy	Cross	16 m last 4 @ full	40 m
8	7/11/22	6 m 8x800 @ 5k	6 m easy	5 m easy	7 m progression	Cross	8 m easy	32 m
9	7/18/22	7 m 4x1 m @ 10k	5 m easy	8 m 3 m half pace 	6 m easy	Cross	18 m last 5 @ full	44 m
10	7/25/22	6 m easy	7 m hilly course	10 m progression	6 m easy	Cross	19 m last 6 @ full	48 m
11	8/1/22	4 m easy	6 m 4 m half pace	5 m easy	6 m progression	Cross	12 m easy	33 m
12	8/8/22	6 m Last 2 m half pace	5 m easy	5 m 2x1 m 10k pace	4 m easy	Cross	13.1 m 	33 m
13	8/15/22	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	8/22/22	8 m 2x2 m @ 10k	7 m hilly course	10 m 4x2 m @ half	7 m easy	Cross	21 m easy	53 m
15	8/29/22	7 m Last 2 @ half	7 m easy	13 m hilly course	8 m 2x3 m @ half	Cross	23 m 	58 m
16	9/5/22	6 m 2x2 m @ half	6 m easy	10 m hilly course	7 m 4 m @ half	Cross	16 m Last 2 @ full	45 m
17	9/12/22	7 m 2x2 m half pace	6 m easy	8 m progression	6 m 3 @ half pace	Cross	10 m easy	37 m
18	9/19/22	5 m 2x1 m Half pace	3 m easy	4 m 1 m full pace, 1 m half pace	3 m easy	Rest	26.2 m 	41 m

*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. *Adapted from Brad Hudson Marathon training plans

Competitive Half Marathon (13.1 miles) Series Training Plan

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

Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Weekly Mileage
1	5/23/22	4 m easy	5 m easy	5 m easy	6 m easy	Cross	6 m easy	26 m
2	5/30/22	4 m fartlek	6 m easy	5 m hilly course	6 m easy	Cross	7 m easy	28 m
3	6/6/22	5 m fartlek	6 m easy	5 m hilly course	6 m easy	Cross	8 m easy 	30 m
4	6/13/22	4 m fartlek	5 m easy	4 m hilly course	6 m easy	Cross	5 m easy	24 m
5	6/20/22	5 m fartlek	5 m hilly course	4 m easy	3 m easy	Cross	5 m 	22 m
6	6/27/22	5 easy	6 fartlek	6 easy	5 progression	Cross	8 m 1m @ half	30 m
7	7/4/22	6 4x800 @ 5k	5 easy	7 2 m @ 10k	6 easy	Cross	10 m 2m @ half	34 m
8	7/11/22	5 5x800 @ 5k	5 easy	6 progression	6 easy	Cross	8 m easy	30 m
9	7/18/22	7 6x800 @ 5k	5 easy	8 2 m @ half, 1 m @ 10k	7 easy 	Cross	11 m 3m @ half	38 m
10	7/25/22	7 easy	6 easy	8 3x1 m @ half	6 easy	Cross	12 m 3m @ half	39 m
11	8/1/22	6 7x800 @ 5k	6 easy	7 2 m @ 10k	6 easy	Cross	7 m easy	32 m
12	8/8/22	6 2x1 m @ 10k	5 easy	5 2 m @ half	4 easy	Cross	6.2 m 	26 m
13	8/15/22	7 3x1 m @ 10k	7 easy	8 2x2 m @ half	6 easy	Cross	13 m 4m @ half 	41 m
14	8/22/22	6 4x1 m @ 10k	7 hilly course	6 progression	6 easy	Cross	8 m easy	33 m
15	8/29/22	8 3x1 m @ 10k 3x800 @ 5k	7 hilly course	9 3x2 m @ half	6 easy	Cross	14 m 4m @ half 	44 m
16	9/5/22	8 4x1 m @ 10k 4x800 @ 5k	7 hilly course	9 2x3 m @ half	6 easy	Cross	15 m 2m @ half	45 m
17	9/12/22	6 2x1 m @ 10k 2x800 @ 5k	5 easy	7 hilly course	5 easy	Cross	7 m easy	30 m
18	9/19/22	4 2x1 m @ half	3 easy	4 4x800 @ 5k	3 easy	Rest	13.1 m 	27 m

*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. *Adapted from Brad Hudson Half Marathon training plans

Competitive 5-Person Team Relay Series Training Plan

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

Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Weekly Mileage
1	5/23/22	4 m easy	5 m easy	4 m easy	6 m easy	Cross	6 m easy	25 m
2	5/30/22	4 m fartlek	5 m easy	5 m hilly course	6 m easy	Cross	7 m easy	27 m
3	6/6/22	4 m fartlek	6 m easy	5 m hilly course	6 m easy	Cross	8 m easy 	29 m
4	6/13/22	4 m fartlek	5 m easy	4 m hilly course	6 m progression	Cross	4 m easy	23 m
5	6/20/22	5 m fartlek	5 m hilly course	4 m easy	3 m easy	Cross	5 m 	22 m
6	6/27/22	5 easy	6 fartlek	7 m easy	6 m 4x20sec. strides	Cross	6 m easy	30 m
7	7/4/22	7 6x800 @ 10k	6 easy	7 m 2 m @ half	6 m 5x20sec. strides	Cross	7 m easy	33 m
8	7/11/22	5 7x800 @ 10k	5 easy	5 miles 2 m @ half	7 m easy	Cross	8 m 1m @ 10k	30 m
9	7/18/22	7 8x800 @ 10k	6 easy 	8 m 3 m @ half	6 m easy 5x20sec. strides	Cross	9 m 2m @ 10k	36 m
10	7/25/22	7 m easy	6 m easy	7 m progression	6 m easy	Cross	6 m easy	32 m
11	8/1/22	6 2x1m @ 10k 4x800 @ 5k	6 easy	7 m 3 m @ half	6 m easy	Cross	7 m easy	32 m
12	8/8/22	6 2x1 m @ 10k 4x800 @ 5k	5 easy	5 2 m @ half	4 easy	Cross	6.2 m 	26 m
13	8/15/22	7 m 6x800 @ 5k	6 m easy	8 m 2 m @ 10k	7 m 5x20sec. strides	Cross	8 m 1 m @ 10k 	36 m
14	8/22/22	6 m 7x800 @ 5k	5 m hilly course	7 m easy	6 m 5x20sec. strides	Cross	7 m easy	31 m
15	8/29/22	7 m 8x800 @ 5k	7 m easy	8 m hilly course	7 m 5x20sec. strides	Cross	9 m 2m @ 10k	38 m
16	9/5/22	8m 3x1 m @ 10k 2x800 @ 5k	7 m easy	8 m hilly course	7 m 5x20sec. strides	Cross	10 m 3m @ 10k 	40 m
17	9/12/22	6m 3x1 m @ 10k 4x800 @ 5k	5 m hilly course	5 m easy	6 m progression	Cross	5 m easy	27 m
18	9/19/22	5 m 1 m @ 5k 6x400 @ 5k	3 m easy	4 m 5x20 sec. strides	3 m easy	Rest	4-7 m 	19-22 m

*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. *Adapted from Brad Hudson 10k training Plan

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 10-60 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