

2023

Full Marathon Series Training Plan

Advanced/Competitive



Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total
1	5/22	4 m	5 m	5 m	6 m	8 m easy	28 miles
2	5/29	4 m fartlek	5 m	5 m hilly course	6 m	10 m easy	30 miles
3	6/5	4 m fartlek	6 m	5 m hilly course	6 m	12 m easy	33 miles
4	6/12	4 m fartlek	5 m	4 m hilly course	6 m	7 m easy	26 miles
5	6/19	5 m total 6x800 @ 5k	5 m hilly course	4 m	3 m	8k + 4 m	26 miles
6	6/26	5 m	6 m	5 m total 2x1 m @ 10k	6 m	14 m last 2 m @ full	36 miles
7	7/3	6 m total 7x800 @ 5k	5 m	6 m total 3x1 m @ 10k	7 m	16 m last 3 m @ full	40 miles
8	7/10	6 m total 8x800 @ 5k	6 m	5 m	7 m progression	8 m easy	32 miles
9	7/17	7 m total 4x1 m @ 10k	8 m	5 m	6 m	18 m last 4 @ full	44 miles
10	7/24	6 m	7 m hilly course	10 m progression	6 m	19 m easy	48 miles
11	7/31	5 m	2 m easy 4 m @ half	7 m	6 m progression	2 m easy 8 m @ full 4 m easy	38 miles
12	8/7	6 m Last 2 @ half	5 m	5 m total 2x1 m @ 10k	4 m	13.1 m	33 miles
13	8/14	6 m	6 m hilly course	10 m total 3x2 m @ half	8 m	21 m easy	51 miles
14	8/21	6 m total 4x1 @ 10k	8 m	7 m progression	6 m	1 m easy 10 m @ full 1 m easy	39 miles
15	8/28	8 m total 2x2 m @ 10k	7 m hilly course	10 m total 4x2 m @ half	7 m	18 m last 6 m @ full	50 miles
16	9/4	7 m Last 2 @ half	7 m	11 m hilly course	8 m total 2x3 m @ half	22 m easy	55 miles
17	9/11	6 m total 2x2 m @ half	6 m	3 m easy 4 m @ half	8 m hilly course	4 m easy 12 m @ full	43 miles
18	9/18	7 m total 2x2 m @ half	6 m	3 m easy 3 @ half	7 m	10 m easy	36 miles
19	9/25	5 m total 2x1 m @ half	3 m	4 m total 1 m @ full 1 m @ half	3 m	26.2 m	41 miles

m=mile

@5k means to run at 5k race pace for that workout.

@10k means to run at 10k race pace for that workout etc.

It is advised to have been consistently running 3-4 miles 3 times a week for 1 year prior to starting this training plan.

Adapted from Brad Hudson training plans. Plans are only guidelines which should be adapted based on individual needs.

Choose any 5 days of the week that works with your schedule. It is advised to put a rest day after your long run. The other day of the week can be a rest day or cross training day (biking, elliptical, swimming, etc.)

Akron Marathon assumes no liability for training plans. It is advised to consult your doctor before starting a new training plan.

Race Day!

Blue Line Striders
Group Run

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2023

Half Marathon Series Training Plan

Advanced/Competitive



Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total
1	5/22	4 m	5 m	5 m	6 m	6 m easy	26 miles
2	5/29	4 m fartlek	5 m	5 m hilly course	6 m	7 m easy	27 miles
3	6/5	5 m fartlek	6 m	5 m hilly course	6 m	8 m easy	30 miles
4	6/12	4 m fartlek	5 m	4 m hilly course	6 m	6 m easy	25 miles
5	6/19	5 m fartlek	4 m	5 m hilly course	3 m	8k + 2 m	24 miles
6	6/26	6 m fartlek	5 m	5 m progression	6 m	8 m last 1 m @ half	30 miles
7	7/3	6 m total 4x800 @ 5k	5 m	7 m total 2 m @ 10k	5 m	10 m easy	33 miles
8	7/10	6 m	6 m	6 m progression	5 m	7 m easy	30 miles
9	7/17	5 m total 5x800 @ 5k	7 m	8 m total 2 m @ half 1 m @ 10k	5 m	11 m last 2 @ half	36 miles
10	7/24	7 m total 6x800 @ 5k	7 m	8 m total 3x1 m @ half	6 m	12 m last 3 @ half	40 miles
11	7/31	6 m total 7x800 @ 5k	6 m	7 m total 2 m @ 10k	6 m	7 m easy	32 miles
12	8/7	6 m	5 m	5 m total 2 m @ half	4 m	10k + 2 m	28 miles
13	8/14	6 m total 2x1 m @ 10k	6 m hilly course	8 m total 2x2 m @ half	5 m	13 m easy	38 miles
14	8/21	6 m total 4x1 @ 10k	8 m	7 m progression	6 m	13 m 4 m @ half	40 miles
15	8/28	6 m	7 m hilly course	6 m progression	6 m	9 m 6 m @ half	34 miles
16	9/4	8 m total 3x1 m @ 10k 3x800 @ 5k	7 m hilly course	9 m total 3x2 m @ half	6 m	14 m easy	44 miles
17	9/11	8 m total 4x1 m @ 10k 4x800 @ 5k	7 m hilly course	9 m total 2x3 m @ half	6 m	15 m 2 m @ half	45 miles
18	9/18	6 m total 2x1 m @ 10k 2x800 @ 5k	6 m	7 m hilly course	5 m	8 m easy	32 miles
19	9/25	4 m total 2x1 m @ half	3 m	4 m total 4x800 @ 5k	3 m	13.1 m	27 miles

m=mile

@5k means to run at 5k race pace for that workout.

@10k means to run at 10k race pace for that workout etc.

It is advised to have been consistently running 2-3 miles 3 times a week prior to starting this training plan.

Adapted from Brad Hudson training plans. Plans are only guidelines which should be adapted based on individual needs.

Choose any 5 days of the week that works with your schedule. It is advised to put a rest day after your long run. The other day of the week can be a rest day or cross training day (biking, elliptical, swimming, etc.)

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Race Day!

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Group Run

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2023

5-person Relay Series Training Plan

Advanced/Competitive



Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total
1	5/22	4 m	5 m	4 m	5 m	5 m easy	23 miles
2	5/29	4 m fartlek	5 m	5 m hilly course	5 m	6 m easy	25 miles
3	6/5	4 m fartlek	6 m	5 m hilly course	5 m	7 m easy	27 miles
4	6/12	4 m fartlek	5 m	4 m hilly course	6 m	5 m easy	24 miles
5	6/19	5 m fartlek	4 m hilly course	4 m	3 m	8k	21 miles
6	6/26	6 m	5 m	5 m progression 4x20sec. strides	6 m	7 m easy	29 miles
7	7/3	6 m total 6x800 @ 10k	5 m	6 m total 2 m @ half 5x20sec. strides	6 m	7 m easy	30 miles
8	7/10	6 m total 7x800 @ 10k	6 m	6 m total 2 m @ half 5x20sec. strides	5 m	8 m last 1 @ 10k	31 miles
9	7/17	5 m	6 m	5 m total 2 m @ half	5 m	6 m easy	27 miles
10	7/24	7 m total 8x800 @ 10k	5 m	7 m total 3 m @ half 5x20sec. strides	6 m	9 m last 2 @ 10k	34 miles
11	7/31	6 m total 2x1m @ 10k 4x800 @ 5k	6 m	5 m total 3 m @ half	6 m	7 m easy	30 miles
12	8/7	6 m total 2x1m @ 10k 4x800 @ 5k	5 m	5 m total 2 m @ half	4 m	10k +2 m	26 miles
13	8/14	7 m total 6x800 @ 5k	6 m hilly course	7 m 5x20sec. strides	5 m	9 m easy	34 miles
14	8/21	7 m total 7x800 @ 5k	6 m	7 m progression	6 m	9 m total 1 @ 10k	35 miles
15	8/28	6 m	7 m hilly course	6 m 5x20sec. strides	4 m	7 m easy	30 miles
16	9/4	7 m total 8x800 @ 5k	7 m hilly course	7 m 5x20sec. strides	6 m	9 m total 2 @ 10k	36 miles
17	9/11	8 m total 3x1 m @ 10k 2x800 @ 5k	5 m hilly course	7 m 5x20sec. strides	6 m	10 m total 3 @ 10k	36 miles
18	9/18	6 m total 3x1 m @ 10k 4x800 @ 5k	3 m	6 m progression	5 m	5 m easy	25 miles
19	9/25	5 m total 1 m @ 5k 6x400 @ 5k	3 m	4 m 5x20sec. strides	3 m	4-7 m	19-22 miles

m=mile

@5k means to run at 5k race pace for that workout.

@10k means to run at 10k race pace for that workout etc.

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