2023

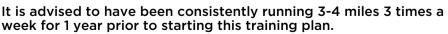
Full Marathon Series Training Plan Advanced/Competitive



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.



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.

Blue Line Striders Group Run



Race Day!



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.)

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





2023

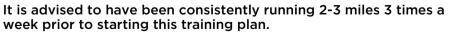
5-person Relay Series Training Plan Advanced/Competitive



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.



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! Blue Line Striders Group Run



