

2023

8k/10k/Half Series Training Plan

Beginner Walker / Runner



Week	Date	Day 1	Day 2	Day 3	Day 4	Weekly Total
1	3/27	10-15 min	walk/cross	10-15 min	1 m	3-4 miles
2	4/3	10-15 min	walk/cross	10-15 min	1 m	3-4 miles
3	4/10	15 min	walk/cross	15 min	2 m	5 miles
4	4/17	15-20 min	walk/cross	15-20 min	2 m	5-6 miles
5	4/24	15-20 min	walk/cross	15-20 min	3 m	6-7 miles
6	5/1	20 min	walk/cross	20 min	3 m	7 miles
7	5/8	20-25 min	walk/cross	20-25 min	4 m	8-9 miles
8	5/15	20-25 min	walk/cross	20-25 min	4 m	8-9 miles
9	5/22	20 min	walk/cross	20 min	3 m	7 miles
10	5/29	25-30 min	15 min	2 m	5 m	11 miles
11	6/5	30 min	15 min	2 m	6 m	12 miles
12	6/12	25 min	20 min	2 m	3 m	9 miles
13	6/19	20 min	20 min	2 m	8k	11 miles
14	6/26	20 min	20 min	3 m	6 m	13 miles
15	7/3	25 min	20 min	3 m	7 m	14 miles
16	7/10	3 m	2 m	3 m	8 m	16 miles
17	7/17	2 m	6 m	2 m	3 m	13 miles
18	7/24	3 m	3 m	3 m	9 m	18 miles
19	7/31	4 m	5 m	4 m	6 m	19 miles
20	8/7	3 m	4 m	3 m	10k	16 miles
21	8/14	3 m	5 m	4 m	8 m	20 miles
22	8/21	4 m	5 m	3 m	10 m	22 miles
23	8/28	4 m	5 m	4 m	11 m	24 miles
24	9/4	4 m	4 m	3 m	9 m	20 miles
25	9/11	4 m	6 m	4 m	12 m	26 miles
26	9/18	3 m	4 m	3 m	7 m	17 miles
27	9/25	3 m	2 m	2 m	13.1 m	20 miles

m=mile

cross=Cross Train (walking, biking, Swimming, elliptical)

Race Day!

Blue Line Striders
Group Run

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

Adapted from Hal Higdon training plans. Plans are only guidelines which should be adapted based on individual needs. Choose any 4 days of the week that works with your schedule. It is advised to put a rest day after your long run. The other two days of the week can be rest days or cross training days (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.

**AKRON
MARATHON**
RACE SERIES

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2023

8k/10k/Relay Series Training Plan

Beginner Walker / Runner



Week	Date	Day 1	Day 2	Day 3	Day 4	Weekly Total
1	3/27	10-15 min	walk/cross	10-15 min	1 m	3-4 miles
2	4/3	10-15 min	walk/cross	10-15 min	1 m	3-4 miles
3	4/10	15 min	walk/cross	15 min	1 m	4 miles
4	4/17	15-20 min	walk/cross	15-20 min	2 m	5-6 miles
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7	5/8	20-25 min	walk/cross	20-25 min	3 m	7-8 miles
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13	6/19	10-15 min	walk/cross	10-15 min	8k	7-8 miles
14	6/26	15-20 min	walk/cross	15-20 min	2 m	5-6 miles
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17	7/17	20-25 min	5 m	walk/cross	20-25 min	9-10 miles
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21	8/14	20-25 min	walk/cross	20-25 min	3 m	7-8 miles
22	8/21	30 min	walk/cross	30 min	4-5 min	10-11 miles
23	8/28	25-30 min	walk/cross	25-30 min	4-6 min	9-12 miles
24	9/4	30 min	walk/cross	30 min	3 m	9 miles
25	9/11	40 min	walk/cross	30 min	5-7 m	12-14 miles
26	9/18	25 min	walk/cross	25 min	3 m	8 miles
27	9/25	20 min	walk/cross	20 min	4-7 m	8-11 miles

m=mile

Cross=Cross Train (walking, biking, Swimming, elliptical)

Longer distance legs should train at the upper mileage ranges.

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Race Day!

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