2023

Full Marathon Series Training Plan
Recreational

RUN AKRON

Week	Date	Day 1	Day 2	Day 3	Day 4	Weekly Total
1	5/22	3 m	2 m	3 m	6 m	14 miles
2	5/29	3 m	3 m	3 m	7 m	16 miles
3	6/5	3 m	4 m	3 m	8 m	18 miles
4	6/12	3 m	3 m	3 m	6 m	15 miles
5	6/19	3 m	4 m	3 m	8k + 2m	17 miles
6	6/26	3 m	4 m	3 m	10 m	20 miles
7	7/3	3 m	5 m	3 m	12 m	23 miles
8	7/10	3 m	4 m	3 m	8 m	18 miles
9	7/17	3 m	6 m	3 m	14 m	26 miles
10	7/24	4 m	6 m	3 m	16 m	29 miles
11	7/31	4 m	5 m	4 m	8 m	21 miles
12	8/7	3 m	6 m	4 m	13.1 m	26 miles
13	8/14	4 m	7 m	4 m	17 m	32 miles
14	8/21	4 m	8 m	5 m	18 m	35 miles
15	8/28	4 m	8 m	5 m	12 m	29 miles
16	9/4	5 m	8 m	5 m	20 m	38 miles
17	9/11	5 m	7 m	5 m	14 m	31 miles
18	9/18	4 m	6 m	3 m	8 m	21 miles
19	9/25	3 m	4 m	2 m	26.2 m	35 miles

Race Day! **Blue Line Striders Group Run**

m=mile

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 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 2 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
PRESENTED BY
Summa Health

Half Marathon
Series Training Plan
Recreational

2023

RUN AKRON®

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

Race Day!   **Blue Line Striders Group Run**

m=mile

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

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 2 days of the week can be rest days or cross training days (biking, elliptical, swimming, etc.)

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AKRON MARATHON RACE SERIES PRESENTED BY Summa Health™

Team Relay
Series Training Plan
Recreational

2023

RUN AKRON

Week	Date	Day 1	Day 2	Day 3	Day 4	Weekly Total
1	5/22	10-15 min	Cross	10-15 min	2 m	4 miles
2	5/29	10-15 min	Cross	10-15 min	3 m	5 miles
3	6/5	15-20 min	Cross	15-20 min	4 m	7 miles
4	6/12	15-20 min	Cross	20-25 min	5 m	8 miles
5	6/19	10-15 min	Cross	10-15 min	8k	7 miles
6	6/26	15-20 min	Cross	15-20 min	2 m	5 miles
7	7/3	20-25 min	Cross	20-25 min	6 m	10 miles
8	7/10	30 min	Cross	30 min	4 m	10 miles
9	7/17	20-25 min	5 m	Cross	20-25 min	9 miles
10	7/24	20-25 min	Cross	25-30 min	6 m	10 miles
11	7/31	20-25 min	Cross	20-25 min	3 m	7 miles
12	8/7	15 min	Cross	15 min	10 k	9 miles
13	8/14	20-25 min	Cross	20-25 min	3 m	7 miles
14	8/21	30 min	Cross	30 min	4-5 m	10-11 miles
15	8/28	25-30 min	Cross	25-30 min	4-6 m	9-12 miles
16	9/4	30 min	Cross	30 min	3 m	9 miles
17	9/11	40 min	Cross	30 min	5-7 m	12-14 miles
18	9/18	25 min	Cross	25 min	3 m	8 miles
19	9/25	20 min	Cross	20 min	4-7 m	8-11 miles

Race Day! | **Blue Line Striders Group Run**

m=mile
Cross=Cross Train (walking, biking, Swimming, elliptical)
Longer distance legs should train at the upper mileage ranges.

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AKRON MARATHON RACE SERIES
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