

2024

Full Marathon Series Training Plan

Advanced/Competitive



Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total
1	5/20	4 m	5 m	5 m	6 m	8 m easy	28 miles
2	5/27	4 m fartlek	5 m	5 m hilly course	6 m	10 m easy	30 miles
3	6/3	4 m fartlek	6 m	5 m hilly course	6 m	12 m easy	33 miles
4	6/10	4 m fartlek	5 m	4 m hilly course	7 m	14 m last 2 m @ full	34 miles
5	6/17	5 m	6 m	5 m progression	6 m	7 m easy	29 miles
6	6/24	5 m total 6x800 @ 5k	5 m hilly course	6 m	4 m	8k + 4 m	29 miles
7	7/1	5 m	6 m	6 m progression	5 m	16 m last 3 m @ full	38 miles
8	7/8	6 m total 7x800 @ 5k	6 m	7 m progression	5 m	18 m last 4 @ full	42 miles
9	7/15	8 m	6 m total 8x800 @ 5k	5 m	6 m	8 m easy	31 miles
10	7/22	6 m total 3x1 m @ 1 hour	7 m	7 m progression	6 m	19 m easy	45 miles
11	7/29	6 m	6 m total 4x1 m @ 1 hour	8 m	3 m easy 4 m @ half	3 m easy 8 m @ full 4 m easy	42 miles
12	8/5	6 m total 2x2 m @ 1 hour	5 m	6 m	4 m	13.1 m	34 miles
13	8/12	6 m	7 m	7 m hilly course	6 m	12 m easy	38 miles
14	8/19	8 m total 2x3 m @ 1 hour	7 m	2 m easy 5 m @ half	6 m	21 m easy	49 miles
15	8/26	8 m	7 m hilly course	2 m easy 6 m @ half	7 m	18 m last 6 m @ full	48 miles
16	9/2	8 m total 2x3 m @ 1 hour	7 m	9 m hilly course	6 m	22 m easy	52 miles
17	9/9	6 m	6 m	3 m easy 3 m @ half	6 m hilly course	4 m easy 10 m @ full	38 miles
18	9/16	6 m total 2x2 m @ half	5 m	2 m easy 3 @ full	6 m	10 m easy	32 miles
19	9/23	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.

@1 hour means to run at the pace you can maintain for 1 hour.

@half or @full means to run at marathon or half marathon race pace.

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

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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2024

Half Marathon Series Training Plan

Advanced/Competitive



Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total
1	5/20	4 m	5 m	5 m	6 m	6 m easy	26 miles
2	5/27	4 m fartlek	5 m	5 m hilly course	6 m	7 m easy	27 miles
3	6/3	5 m fartlek	6 m	5 m hilly course	6 m	8 m easy	30 miles
4	6/10	4 m fartlek	5 m	4 m hilly course	6 m	8 m easy	27 miles
5	6/17	5 m fartlek	5 m	5 m hilly course	5 m	6 m easy	26 miles
6	6/24	6 m fartlek	4 m	5 m	4 m	8k + 2 m	26 miles
7	7/1	6 m	7 m	5 m progression	5 m	9 m last 2 @ half	32 miles
8	7/8	6 m total 4x800 @ 5k	7 m	6 m progression	5 m	10 m last 2 @ half	34 miles
9	7/15	5 m total 5x800 @ 5k	6 m	7 m progression	5 m	6 m easy	29 miles
10	7/22	7 m total 6x800 @ 5k	6 m	8 m total 2 m @ half 1 m @ 10k	6 m	11 m last 3 @ half	38 miles
11	7/29	6 m total 7x800 @ 5k	7 m	8 m total 2x2 m @ half	6 m	12 m last 3 @ half	39 miles
12	8/5	6 m	5 m	5 m total 2 m @ half	4 m	10k + 2 m	28 miles
13	8/12	5 m	6 m	8 m total 2x3 m @ half	5 m	13 m easy	37 miles
14	8/19	7 m total 2 m @ 10k	8 m	6 m hilly course	6 m	13 m 4 m @ half	40 miles
15	8/26	5 m total 3x1 m @ 10k 3x800 @ 5k	7 m hilly course	9 m total 2x4 m @ half	6 m	9 m easy	36 miles
16	9/2	8 m total 3x1 m @ 10k 4x800 @ 5k	7 m	9 m total 2x4 m @ half	6 m	14 m easy	44 miles
17	9/9	7 m	7 m hilly course	9 m total 2x3 m @ half	6 m	15 m 2 m @ half	44 miles
18	9/16	6 m total 2x1 m @ 10k 2x800 @ 5k	6 m	7 m hilly course	5 m	8 m easy	32 miles
19	9/23	4 m total 4x800 @ 10k	3 m	4 m total 2x1 m @ half	3 m	13.1 m	27 miles

m=mile

@5k or @10k means to run at 5k or 10k race pace for that workout.

@1 hour means to run at the pace you can maintain for 1 hour.

@half or @full means to run at marathon or half marathon race pace.

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

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

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2024

5-person Relay Series Training Plan

Advanced/Competitive



Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total
1	5/20	4 m	5 m	4 m	5 m	5 m easy	23 miles
2	5/27	4 m fartlek	5 m	5 m hilly course	5 m	6 m easy	25 miles
3	6/3	4 m fartlek	6 m	5 m hilly course	5 m	7 m easy	27 miles
4	6/10	4 m fartlek	5 m	4 m hilly course	6 m	8 m easy	27 miles
5	6/17	5 m fartlek	4 m	4 m hilly course	3 m	6 m easy	22 miles
6	6/24	4 m progression 4x20sec. strides	5 m	6 m	6 m	8k	26 miles
7	7/1	5 m	5 m	6 m total 8x400 @ 5k	6 m	7 m easy	29 miles
8	7/8	6 m total 9x400 @ 5k	6 m	5 m progression 4x20sec. strides	6 m	8 m last 1 m @ half	31 miles
9	7/15	6 m total 10x400 @ 5k	6 m	6 m progression 4x20sec. strides	5 m	9 m last 2 m @ half	32 miles
10	7/22	7 m total 12x400 @ 5k	5 m	7 m total 3 m @ half 5x20sec. strides	6 m	10 m easy	35 miles
11	7/29	6 m total 2x1 m @ 10k 4x400 @ 5k	6 m	5 m total 3 m @ half	6 m	7 m easy	30 miles
12	8/5	6 m total 4x800 @ 10k 4x400 @ 5k	5 m	5 m total 2 m @ half	4 m	10k + 2 m	28 miles
13	8/12	5 m	6 m hilly course	7 m 5x20sec. strides	5 m	9 m easy	32 miles
14	8/19	7 m total 6x800 @ 10k	6 m	7 m total 2x10 min @hour	6 m	9 m total 2 @ half	35 miles
15	8/26	7 m total 8x800 @ 10k	4 m	6 m total 3x10 min @hour	6 m	7 m easy	30 miles
16	9/2	7 m total 2x1 m @ 10k 2x800 @ 5k	7 m hilly course	7 m total 2x15 min @hour	6 m	9 m total 2 @ half	36 miles
17	9/9	8 m total 3x1 m @ 10k 2x800 @ 5k	5 m hilly course	7 m total 2x20 min @hour	6 m	10 m total 3 @ half	36 miles
18	9/16	6 m total 3x1 m @ 10k 4x800 @ 5k	6 m	6 m 5x20sec. strides	5 m	5 m easy	28 miles
19	9/23	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 or @10k means to run at 5k or 10k race pace for that workout.

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

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