



Akron Marathon Race Series

8k/Half/Full Training Plan

Advanced

2026	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	WEEK TOTAL
May 24 - May 30	4 m 4x30 sec. hill sprint	5 m	5 m hilly course	6 m 4x15 sec. strides	10 m easy	30 miles
May 31 - Jun 6	4 m 5x30 sec. hill sprint	6 m	5 m hilly course	6 m 5x15 sec. strides	12 m easy	33 miles
Jun 7 - Jun 13	4 m 6x30 sec. hill sprint	6 m	5 m hilly course	7 m 6x15 sec. strides	14 m last 3m @full	36 miles
Jun 14 - Jun 20	5 m 6x30 sec. hill sprint	5 m	5 m progression	6 m	7 m easy	28 miles
Jun 21 - Jun 27	5m total 2x1m @1 hour	5 m hilly course	6 m	4 m 4x15 sec. strides	8k + 4 m	29 miles
Jun 28 - Jul 4	5 m	6 m	6 m progression	5 m	16 m last 4m @full	38 miles
Jul 5 - Jul 11	6m total 3x1m @1 hour	6 m	7 m progression	5 m 4x15 sec. strides	18 m last 5m @full	42 miles
Jul 12 - Jul 18	6 m	8 m	6m total 4x1m @1 hour	6 m	8 m easy	34 miles
Jul 19 - Jul 25	5 m	7 m	7m total 2x2m @ 1 hour	6 m 4x15 sec. strides	5m easy 7m @full 7m easy	44 miles
Jul 26 - Aug 1	6 m	5m total 5x800 @5k	8 m	7 m hilly course	20 m easy	46 miles
Aug 2 - Aug 8	5m total 6x800 @5k	6 m	3m easy 2m @half	4 m 4x15 sec. strides	13.1	33 miles
Aug 9 - Aug 15	7 m	6 m	8 m hilly course	7 m	14 m easy	42 miles
Aug 16 - Aug 22	7m total 7x800 @5k	9 m	3m easy 4m @half	6 m	21 m easy	50 miles
Aug 23 - Aug 29	6 m	8 m hilly course	7m total 8x800 @5k	8 m	18 m last 6m @full	47 miles
Aug 30 - Sep 5	6 m	7m total 8x800 @5k	8 m	7 m 4x15 sec. strides	22 m easy	50 miles
Sep 6 - Sep 12	5 m	6 m	3m easy 3m @half	7 m hilly course	4m easy 10m @full	38 miles
Sep 13 - Sep 19	6m total 2x2m @half	5 m	2m easy 3m @full	6 m 4x15 sec. strides	10 m easy	32 miles
Sep 20 - Sep 26	5m total 2x1m @half	3 m	4m total 1m @full 1m @half	3 m	26.2	41 miles

m=mile
stride=fast relaxed running

@5k means to run at 5k race pace for that workout.
 @1 hour means to run at a pace you can maintain for 1 hour.
 @half or @full means to run at marathon or half marathon race pace.
 Progression means start with a few slow miles and build to marathon or half marathon pace for a few miles. Finish with a slow mile or two.

It is advised to have been consistently running 4-6 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 have 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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