



# Akron Marathon Race Series

## 8k/10k/Half Training Plan

### Advanced

| 2026            | DAY 1                               | DAY 2                              | DAY 3                           | DAY 4                    | DAY 5                 | WEEK TOTAL |
|-----------------|-------------------------------------|------------------------------------|---------------------------------|--------------------------|-----------------------|------------|
| May 24 - May 30 | 4 m<br>4x30 sec. hill sprint        | 5 m                                | 5 m<br>hilly course             | 6 m<br>4x15 sec. strides | 6 m<br>easy           | 26 miles   |
| May 31 - Jun 6  | 4 m<br>5x30 sec. hill sprint        | 6 m                                | 5 m<br>hilly course             | 6 m<br>5x15 sec. strides | 7 m<br>easy           | 28 miles   |
| Jun 7 - Jun 13  | 4 m<br>6x30 sec. hill sprint        | 6 m                                | 5 m<br>hilly course             | 7 m<br>6x15 sec. strides | 8 m<br>easy           | 30 miles   |
| Jun 14 - Jun 20 | 5 m<br>6x30 sec. hill sprint        | 5 m                                | 5 m<br>progression              | 6 m                      | 9 m<br>easy           | 30 miles   |
| Jun 21 - Jun 27 | 4m<br>fartlek                       | 4 m                                | 5 m                             | 4 m<br>4x15 sec. strides | 8k + 2 m              | 24 miles   |
| Jun 28 - Jul 4  | 6 m                                 | 7 m                                | 6 m<br>progression              | 5 m                      | 9 m<br>last 2m @half  | 33 miles   |
| Jul 5 - Jul 11  | 5m<br>fartlek                       | 7 m                                | 7 m<br>progression              | 5 m                      | 10 m<br>last 2m @half | 34 miles   |
| Jul 12 - Jul 18 | 5m<br>fartlek                       | 6 m                                | 5m total<br>6x15 sec. strides   | 5 m                      | 7 m<br>easy           | 28 miles   |
| Jul 19 - Jul 25 | 6m total<br>3x1m @1 hour            | 7 m                                | 6m total<br>2m @half<br>1m @10k | 6 m                      | 11 m<br>last 3m @half | 36 miles   |
| Jul 26 - Aug 1  | 6m total<br>4x1m @1 hour            | 7 m                                | 7m total<br>2x1m @10k           | 6 m                      | 12 m<br>last 3m @half | 38 miles   |
| Aug 2 - Aug 8   | 6 m                                 | 5m total<br>2m @half               | 5 m                             | 4 m<br>4x15 sec. strides | 10k + 2 m             | 28 miles   |
| Aug 9 - Aug 15  | 5 m                                 | 6 m                                | 8m total<br>2x2m @hour          | 5 m                      | 13 m<br>easy          | 37 miles   |
| Aug 16 - Aug 22 | 6m total<br>5x800 @5k               | 6 m                                | 8m total<br>2x3m @half          | 6 m                      | 14 m<br>4m @half      | 40 miles   |
| Aug 23 - Aug 29 | 6m total<br>3x1m @hour<br>4x800 @5k | 8 m                                | 7 m<br>hilly course             | 7 m<br>4x15 sec. strides | 10 m<br>easy          | 38 miles   |
| Aug 30 - Sep 5  | 8m total<br>3x1m @hour<br>5x800 @5k | 7 m                                | 10m total<br>2x4m @half         | 6 m                      | 14 m<br>easy          | 45 miles   |
| Sep 6 - Sep 12  | 7m total<br>2x1m @10k<br>6x800 @5k  | 7 m<br>hilly course                | 9m total<br>2x3m @half          | 6 m                      | 15 m<br>2m @half      | 44 miles   |
| Sep 13 - Sep 19 | 6 m                                 | 6m total<br>2x1m @10k<br>2x800 @5k | 5 m                             | 7 m<br>4x15 sec. strides | 8 m<br>easy           | 32 miles   |
| Sep 20 - Sep 26 | 4m total<br>4x800 @10k              | 3 m                                | 4m total<br>2x1m @half          | 3 m                      | 13.1                  | 27 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.  
 fartlek - run @hour pace for 1,2, or 3 minutes followed by easy pace for 1,2, or 3 minutes.  
 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

