



# Akron Marathon Race Series 8k/10k/Relay 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                       | 5 m                      | 6 m<br>easy          | 25 miles    |
| May 31 - Jun 6  | 4 m<br>5x30 sec. hill sprint         | 6 m                 | 5 m<br>progression                        | 5 m<br>hilly course      | 7 m<br>easy          | 27 miles    |
| Jun 7 - Jun 13  | 4 m<br>6x30 sec. hill sprint         | 6 m                 | 6 m<br>progression                        | 4 m<br>hilly course      | 8 m<br>easy          | 28 miles    |
| Jun 14 - Jun 20 | 4m<br>fartlek                        | 4 m                 | 5m total<br>2m @hour<br>4x15 sec. strides | 4 m<br>hilly course      | 6 m<br>easy          | 23 miles    |
| Jun 21 - Jun 27 | 5m<br>fartlek                        | 5 m                 | 5 m                                       | 4 m<br>4x15 sec. strides | 8k                   | 24 miles    |
| Jun 28 - Jul 4  | 5 m                                  | 5 m                 | 6m total<br>8x400 @5k                     | 6 m                      | 7 m<br>easy          | 29 miles    |
| Jul 5 - Jul 11  | 5m total<br>2x1m @1 hour             | 6 m                 | 6m total<br>9x400 @5k                     | 6 m                      | 8 m<br>last 1m @half | 31 miles    |
| Jul 12 - Jul 18 | 6m total<br>3x1m @1 hour             | 6 m                 | 6m total<br>10x400 @5k                    | 5 m                      | 9 m<br>last 2m @half | 32 miles    |
| Jul 19 - Jul 25 | 6m total<br>4x1m @1 hour             | 5 m                 | 7m total<br>12x400 @5k                    | 6 m                      | 10 m<br>easy         | 34 miles    |
| Jul 26 - Aug 1  | 6 m<br>hilly course                  | 5 m                 | 6m total<br>2x2m @1 hour                  | 6 m                      | 7 m<br>easy          | 30 miles    |
| Aug 2 - Aug 8   | 5m total<br>2 m @half                | 6 m<br>hilly course | 5 m                                       | 4 m<br>5x15 sec. strides | 10k + 2 m            | 28 miles    |
| Aug 9 - Aug 15  | 5 m                                  | 6 m<br>hilly course | 7 m<br>5x15 sec. strides                  | 5 m                      | 8 m<br>easy          | 31 miles    |
| Aug 16 - Aug 22 | 7m total<br>4x800 @10k<br>4x400 @ 5k | 6 m                 | 7 m<br>6x15 sec. strides                  | 6 m                      | 9 m<br>2m @half      | 35 miles    |
| Aug 23 - Aug 29 | 7m total<br>6x800 @10k<br>4x400 @5k  | 6 m                 | 5m total<br>3m @half                      | 6 m<br>6x15 sec. strides | 8 m<br>easy          | 32 miles    |
| Aug 30 - Sep 5  | 7m total<br>2x1m @10k<br>2x800 @5k   | 7 m<br>hilly course | 7 m<br>6x15 sec. strides                  | 6 m                      | 9 m<br>2m @half      | 36 miles    |
| Sep 6 - Sep 12  | 8m total<br>3x1m @10k<br>2x800 @5k   | 7 m                 | 5 m<br>hilly course                       | 6 m                      | 10 m<br>3m @half     | 36 miles    |
| Sep 13 - Sep 19 | 7m total<br>3x1m @10k<br>4x800 @5k   | 6 m                 | 6 m<br>6x15 sec. strides                  | 5 m                      | 5 m<br>easy          | 29 miles    |
| Sep 20 - Sep 26 | 5m total<br>1 m @10k<br>6x400 @5k    | 3 m                 | 4 m                                       | 3 m<br>4x15 sec. strides | 4-7 m                | 19-22 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



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