



Akron Marathon Race Series 8k/10k/Half Training Plan Beginner

2026	DAY 1	DAY 2	DAY 3	DAY 4	WEEK TOTAL
Mar 29 - Apr 4	10-15 min	walk/cross	10-15 min	1 m	3-4 miles
Apr 5 - Apr 11	15 min	walk/cross	15 min	2 m	4-5 miles
Apr 12 - Apr 18	15-20 min	walk/cross	15-20 min	2 m	5-6 miles
Apr 19 - Apr 25	15-20 min	walk/cross	15-20 min	3 m	6-7 miles
Apr 26 - May 2	20 min	walk/cross	20 min	3 m	7 miles
May 3 - May 9	20-25 min	walk/cross	20-25 min	4 m	8-9 miles
May 10 - May 16	20 min	walk/cross	20 min	3 m	7 miles
May 17 - May 23	20-25 min	15 min	20-25 min	4 m	9-10 miles
May 24 - May 30	25-30 min	15 min	2 m	4 m	10 miles
May 31 - Jun 6	30 min	20 min	2 m	5 m	12 miles
Jun 7 - Jun 13	30 min	6 m	2 m	3 m	14 miles
Jun 14 - Jun 20	20 min	30 min	2 m	4 m	11 miles
Jun 21 - Jun 27	20 min	20 min	2 m	8k	11 miles
Jun 28 - Jul 4	3 m	3 m	3 m	7 m	16 miles
Jul 5 - Jul 11	3 m	3 m	2 m	6 m	14 miles
Jul 12 - Jul 18	3 m	4 m	3 m	8 m	18 miles
Jul 19 - Jul 25	3 m	4 m	4 m	9 m	20 miles
Jul 26 - Aug 1	3 m	4 m	4 m	5 m	16 miles
Aug 2 - Aug 8	3 m	4 m	3 m	10k	16 miles
Aug 9 - Aug 15	3 m	5 m	4 m	10 m	22 miles
Aug 16 - Aug 22	3 m	4 m	3 m	8 m	18 miles
Aug 23 - Aug 29	4 m	5 m	4 m	11 m	24 miles
Aug 30 - Sep 5	4 m	4 m	3 m	9 m	20 miles
Sep 6 - Sep 12	4 m	6 m	4 m	12 m	26 miles
Sep 13 - Sep 19	3 m	5 m	4 m	8 m	20 miles
Sep 20 - Sep 26	3 m	2 m	2 m	13.1	20 miles

m=mile

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

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 have a rest day after your long run. The other two days of the week can be rest days or cross training days.

Akron Marathon assumes no liability for training plans. It is advised to consult with your doctor before starting a new training plan.

Race Day!

Blue Line Striders Group Run

AKRON MARATHON
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