



Akron Marathon Race Series 8k/10k/Relay 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	1 m	3-4 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	2 m	5-6 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 miles
May 10 - May 16	15 min	walk/cross	15 min	2 m	4-5 miles
May 17 - May 23	30 min	walk/cross	30 min	3 m	9 miles
May 24 - May 30	25-30 min	walk/cross	25-30 min	4 m	9-10 miles
May 31 - Jun 6	30 min	walk/cross	30 min	5 m	11 miles
Jun 7 - Jun 13	3 m	5 m	walk/cross	3 m	11 miles
Jun 14 - Jun 20	10-15 min	walk/cross	20 min	3 m	6 miles
Jun 21 - Jun 27	15-20 min	walk/cross	15-20 min	8k	8-9 miles
Jun 28 - Jul 4	20-25 min	walk/cross	20-25 min	4 m	8-9 miles
Jul 5 - Jul 11	30 min	walk/cross	30 min	5 m	11 miles
Jul 12 - Jul 18	20-25 min	walk/cross	30 min	5 m	10-11 miles
Jul 19 - Jul 25	20-25 min	walk/cross	25-30 min	6 m	10-11 miles
Jul 26 - Aug 1	20-25 min	walk/cross	20-25 min	3 m	7-8 miles
Aug 2 - Aug 8	15 min	walk/cross	15 min	10k	9 miles
Aug 9 - Aug 15	20-25 min	walk/cross	20-25 min	4 m	8-9 miles
Aug 16 - Aug 22	30 min	walk/cross	30 min	5 m	11 miles
Aug 23 - Aug 29	25-30 min	walk/cross	25-30 min	4-6 m	9-12 miles
Aug 30 - Sep 5	30 min	walk cross	30 min	4 m	10 miles
Sep 6 - Sep 12	40 min	walk/cross	30 min	5-7 m	12-14 miles
Sep 13 - Sep 19	25 min	walk/cross	25 min	4 m	9 miles
Sep 20 - Sep 26	20 min	walk/cross	20 min	4-7 m	8-11 miles

m=mile

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

Longer distance legs should train at the upper mileage ranges.

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
RACE SERIES

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