



# Akron Marathon Race Series

## 8k/10k/Half Training Plan

### Recreational

2026	DAY 1	DAY 2	DAY 3	DAY 4	WEEK TOTAL
May 24 - May 30	3 m	2 m	Cross	4 m	9 miles
May 31 - Jun 6	3 m	2 m	Cross	5 m	10 miles
Jun 7 - Jun 13	3 m	6 m	Cross	3 m	12 miles
Jun 14 - Jun 20	4 m	3 m	Cross	3 m	10 miles
Jun 21 - Jun 27	3 m	3 m	2 m	8k	13 miles
Jun 28 - Jul 4	3 m	2 m	3 m	7 m	15 miles
Jul 5 - Jul 11	2 m	3 m	3 m	6 m	14 miles
Jul 12 - Jul 18	2 m	3 m	2 m	8 m	15 miles
Jul 19 - Jul 25	3 m	3 m	3 m	9 m	18 miles
Jul 26 - Aug 1	4 m	5 m	4 m	6 m	19 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	4 m	5 m	4 m	8 m	21 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

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RACE SERIES

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