



Akron Marathon Race Series

8k/10k/Relay Training Plan

Recreational

2026	DAY 1	DAY 2	DAY 3	DAY 4	WEEK TOTAL
May 24 - May 30	20 min	Cross	20 min	4 m	8 miles
May 31 - Jun 6	20 min	Cross	20 min	4 m	8 miles
Jun 7 - Jun 13	3 m	5 m	Cross	2 m	10 miles
Jun 14 - Jun 20	20 min	Cross	20 min	4 m	8 miles
Jun 21 - Jun 27	30 min	Cross	20 min	8k	10 miles
Jun 28 - Jul 4	20-25 min	Cross	20-25 min	4 m	8 miles
Jul 5 - Jul 11	30 min	Cross	30 min	5 m	11 miles
Jul 12 - Jul 18	30 min	Cross	30 min	6 m	12 miles
Jul 19 - Jul 25	35 min	Cross	35 min	6 m	12 miles
Jul 26 - Aug 1	20-25 min	Cross	30 min	4 m	9 miles
Aug 2 - Aug 8	30 min	Cross	20 min	10k	11 miles
Aug 9 - Aug 15	20-25 min	Cross	30 min	5 m	10 miles
Aug 16 - Aug 22	30 min	Cross	30 min	5 m	11 miles
Aug 23 - Aug 29	25-30 min	Cross	25-30 min	6 m	11-12 miles
Aug 30 - Sep 5	30 min	Cross	40 min	4 m	11 miles
Sep 6 - Sep 12	40 min	Cross	30 min	5-7 m	12-14 miles
Sep 13 - Sep 19	25 min	Cross	30 min	4 m	9 miles
Sep 20 - Sep 26	20 min	Cross	20 min	4-7	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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