







Beginner Series Training Plan 8k/10k/Half

*Adapted from Hal Higdon Half Marathon training plans

Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	3/28/22	10-15 min	Walk/Cross	10-15 min	1 m	Cross	3-4 m
2	4/4/22	10-15 min	Walk/Cross	10-15 min	1 m	Cross	3-4 m
3	4/11/22	15 min	Walk/Cross	15 min	1 m	Cross	4 m
4	4/18/22	15-20 min	Walk/Cross	15-20 min	2 m	Cross	5-6 m
5	4/25/22	15-20 min	Walk/Cross	15-20 min	2 m	Cross	5-6 m
6	5/2/22	20 min	Walk/Cross	20 min	3 m	Cross	7 m
7	5/9/22	20-25 min	Walk/Cross	20-25 min	3 m	Cross	7- 8 m
8	5/16/22	20-25 min	Walk/Cross	20-25 min	4 m	Cross	8- 9 m
9	5/23/22	25 min	15 min	25 min	4 m	Cross	10 m
10	5/30/22	25-30 min	15 min	25-30 min	5 m	Cross	11-12 m
11	6/6/22	30 min	20 min	30 min	5 m 	Cross	13 m
12	6/13/22	25 min	20 min	25 min	3 m	Cross	10 m
13	6/20/22	20 min	Walk/Cross	20 min	8K 	Rest	9 m
14	6/27/22	20 min	Walk/Cross	20 min	2 m	Cross	5-6 m
15	7/4/22	30 min	30 min	30 min	6 m	Cross	14-15 m
16	7/11/22	35 min	30 min	35 min	4 m	Cross	13-14 m
17	7/18/22	40 min	7 m 	30 min	40 min	Cross	17-18 m
18	7/25/22	30 min	40 min	30 min	8 m	rest	18 m
19	8/1/22	35 min	45 min	35 min	4 m	Cross	15 m
20	8/8/22	30 min	25 min	25 min	10K 	Rest	13 m
21	8/15/22	35 min	40 min	35 min	9 m	rest	20 m
22	8/22/22	40 min	50 min	30 min	11 m	cross	23 m
23	8/29/22	40 min	50 min	30 min	9 m 	cross	21 m
24	9/5/22	45 min	50 min	30 min	12 m	cross	24 m
25	9/12/22	30 min	40 min	30 min	7 m	cross	17 m
26	9/19/22	30 min	Walk/Cross	20 min	13.1m 	rest	18 m

*m=mile *Cross=Cross train- any activity, such as biking, that increases heart rate other than running

*Akron Marathon assumes no liability for schedules. They are only guidelines.