

AKRON MARATHON RACE SERIES

PRESENTED BY



Beginner 8k to 10k to Relay Training Plan

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

*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.