

Beginner Series Training Plan 8k/Half/Full

*Adapted from Hal Higdon Half Marathon training plans. (Advised to have been consistently running 3-4 miles 3 times a week for one year prior to starting this training plan)

Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	3/28/22	3 m	Walk/Cross	3 m	3 m	Cross	9
2	4/4/22	3 m	Walk/Cross	3 m	4 m	Cross	10
3	4/11/22	3 m	Walk/Cross	3 m	5 m	Cross	11
4	4/18/22	3 m	Walk/Cross	3 m	4 m	Cross	10
5	4/25/22	3 m	Walk/Cross	3 m	6 m	Cross	12
6	5/2/22	3 m	Walk/Cross	3 m	7 m	Cross	13
7	5/9/22	3 m	Walk/Cross	3 m	8 m	Cross	14
8	5/16/22	4 m	Walk/Cross	3 m	4 m	Cross	11
9	5/23/22	3 m	3 m	3 m	7 m	Cross	16
10	5/30/22	3 m	3 m	3 m	8 m	Cross	17
11	6/6/22	3 m	4 m	3 m	9 m	Cross	19
12	6/13/22	3 m	4 m	3 m	6 m	Cross	16
13	6/20/22	3 m	4 m	3 m	8k	Cross	15
14	6/27/22	3 m	4 m	3 m	11 m	Cross	21
15	7/4/22	3 m	4 m	3 m	13 m	Cross	23
16	7/11/22	3 m	5m	3 m	14 m	Cross	25
17	7/18/22	3 m	6 m	3 m	9 m	Cross	21
18	7/25/22	4 m	5m	3 m	16 m	Cross	28
19	8/1/22	4 m	6 m	4 m	17 m	Cross	31
20	8/8/22	3 m	6 m	4 m	13.1m	Cross	26.1
21	8/15/22	4 m	8 m	5 m	12 m	Cross	29
22	8/22/22	4 m	8 m	4 m	18 m	Cross	34
23	8/29/22	4 m	9 m	5 m	20 m	Cross	38
24	9/5/22	5 m	7 m	5 m	14 m	Cross	31
25	9/12/22	4 m	6 m	3 m	8 m	Cross	21
26	9/19/22	3 m	4 m	2 m	26.2m	Rest	35.2

*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.