AKRON
MARATHON
RACE SERIES

PRESENTED BY

Summa Health™

Beginner/Recreational Full Marathon (26.2 mile) Series Training Plan

(Advised to have been consistently running 3-4 miles 3 times a week for
1 year prior to starting this training plan)

Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	5/23/22	3 m	3 m	3 m	6 m	Cross	15
2	5/30/22	3 m	3 m	3 m	7 m	Cross	16
3	6/6/22	3 m	4 m	3 m	8 m SummaCare. BLUE LINE STRIDERS	Cross	18
4	6/13/22	3 m	4 m	3 m	9 m	Cross	19
5	6/20/22	3 m	4 m	3 m	**5 m** NATIONAL INTERSTATE 8K | 1 MILE	Cross	15
6	6/27/22	3 m	4 m	3 m	11 m	Cross	21
7	7/4/22	3 m	5 m	3 m	13 m	Cross	24
8	7/11/22	3 m	6 m	3 m	14 m	Cross	26
9	7/18/22	3 m	6 m SummaCare. BLUE LINE STRIDERS	3 m	9 m	Cross	21
10	7/25/22	4 m	5 m	3 m	16 m	Cross	28
11	8/1/22	4 m	7 m	4 m	17 m	Cross	32
12	8/8/22	3 m	6 m	4 m	**13.1 m** GOODYEAR. HALF | 10K	Cross	26.1
13	8/15/22	4 m	8 m	5 m	12 m SummaCare. BLUE LINE STRIDERS	Cross	29
14	8/22/22	4 m	8 m	4 m	18 m	Cross	34
15	8/29/22	4 m	9 m	5 m	20 m SummaCare. BLUE LINE STRIDERS	Cross	38
16	9/5/22	5 m	7 m	5 m	14 m	Cross	31
17	9/12/22	4 m	6 m	3 m	8 m	Cross	21
18	9/19/22	3 m	4 m	2 m	**26.2 m** FirstEnergy. MARATHON HALF | RELAY	Rest	35.2

*Adapted from Hal Higdon Marathon training plans

***m=mile *Cross=Cross train- any activity, such as biking, that increases heart rate other than running
*Akron Marathon assumes no liability for schedules. Schedules are only guidelines.**

Beginner/Recreational Half Marathon (13.1 mile) Series Training Plan

(Advised to be able to run 2-3 miles 3 times a week prior to starting this training plan)

Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	5/23/22	3 m	2 m	off	3 m	Cross	8 m
2	5/30/22	3 m	2 m	off	4 m	Cross	9 m
3	6/6/22	3 m	2 m	off	5 m SummaCare. BLUE LINE STRIDERS	Cross	10 m
4	6/13/22	3 m	2 m	off	3 m	Cross	8 m
5	6/20/22	4m	3 m	off	**5 m** NATIONAL INTERSTATE 8K | 1 MILE	Cross	12m
6	6/27/22	3 m	2 m	3 m	6 m	Cross	14 m
7	7/4/22	3 m	2 m	3 m	7 m	Cross	15 m
8	7/11/22	3 m	3 m	3 m	8 m	Cross	17 m
9	7/18/22	3 m	6 m SummaCare. BLUE LINE STRIDERS	3 m	2 m	Cross	14 m
10	7/25/22	3 m	3 m	3 m	9 m	Cross	18 m
11	8/1/22	3 m	4 m	3 m	10 m	Cross	20 m
12	8/8/22	3 m	5 m	3 m	**6.2 m** GOODYEAR. HALF | 10K	Cross	17.2 m
13	8/15/22	3 m	4 m	3 m	7 m SummaCare. BLUE LINE STRIDERS	Cross	17 m
14	8/22/22	3 m	5 m	3 m	11 m	Cross	22 m
15	8/29/22	3 m	4 m	3 m	9 m SummaCare. BLUE LINE STRIDERS	Cross	19 m
16	9/5/22	4 m	5 m	3 m	12 m	Cross	24 m
17	9/12/22	3 m	4 m	3 m	7 m	Cross	17 m
18	9/19/22	3 m	2 m	2 m	**13.1 m** FirstEnergy MARATHON HALF | RELAY	Rest	20.1 m

*Adapted from Hal Higdon Half Marathon training plans

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Beginner/Recreational 8k/10k/Team Relay Series Training Plan

(Longer distance legs should train at the upper mileage ranges)

Week	Date	Day1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	5/23/22	10-15 min	Walk/ cross	10-15 min	2 m	Cross	4-5 m
2	5/30/22	10-15 min	Walk/ cross	10-15 min	3 m	Cross	5-6 m
3	6/6/22	15-20 min	Walk/ cross	15-20 min	4 m **BLUE LINE STRIDERS**	Cross	7-8 m
4	6/13/22	15-20 min	Walk/ cross	20-25 min	5 m	Cross	8-9 m
5	6/20/22	10-15 min	Walk/ cross	10-15 min	**5 m** NATIONAL INTERSTATE 8K | 1 MILE	Cross	7-8 m
6	6/27/22	15-20 min	Walk/ cross	15-20 min	2 m	Cross	5-6 m
7	7/4/22	20-25 min	Walk/ cross	20-25 min	6 m	Cross	10-11 m
8	7/11/22	10 min	Walk/ cross	15 min	5 m	Cross	7 m
9	7/18/22	20-25 min	Walk/ cross	6 m **BLUE LINE STRIDERS**	25-30 min	Cross	10-11 m
10	7/25/22	20-25 min	Walk/ cross	25-30 min	5 m	Cross	9-10 m
11	8/1/22	20-25 min	Walk/ cross	20-25 min	3 m	Cross	7-8 m
12	8/8/22	15 min	Walk/ cross	15 min	**6.2 m** GOODYEAR HALF | 10K	Cross	8- 9 m
13	8/15/22	20-25 min	Walk/ cross	20-25 min	3-5 m **BLUE LINE STRIDERS**	Cross	7- 10 m
14	8/22/22	30 min	Walk/ cross	30 min	3-6 m	Cross	9- 12 m
15	8/29/22	25-30 min	Walk/ cross	25-30 min	3 m **BLUE LINE STRIDERS**	Cross	8-9 m
16	9/5/22	40 min	Walk/ cross	30 min	4-7 m	Cross	11-14 m
17	9/12/22	25 min	Walk/ cross	25 min	3 m	Cross	7-8 m
18	9/19/22	20 min	Walk/ cross	20 min	**4-7 m** FirstEnergy MARATHON HALF | RELAY	Rest	7-11 m

*Adapted from Jeff Galloway's 10k training Plan

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Beginner/Recreational 1 Mile/10k/Team Relay Series Training Plan

(Longer distance legs should train at the upper mileage ranges)

Week	Date	Day1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	5/23/22	10-15 min	Walk/ cross	10-15 min	1 m	Cross	3-4 m
2	5/30/22	10-15 min	Walk/ cross	10-15 min	1 m	Cross	3-4 m
3	6/6/22	10-15 min	Walk/ cross	10-15 min	2 m SummaCare. BLUE LINE STRIDERS	Cross	4-5 m
4	6/13/22	10-15 min	Walk/ cross	10-15 min	1 m	Cross	3-4 m
5	6/20/22	10-15 min	Walk/ cross	10-15 min	**1 m** NATIONAL INTERSTATE INSURANCE 8K | 1 MILE	Cross	3-4 m
6	6/27/22	15-20 min	Walk/ cross	15-20 min	2 m	Cross	5-6 m
7	7/4/22	20-25 min	Walk/ cross	20-25 min	3 m	Cross	7-8 m
8	7/11/22	10 min	Walk/ cross	15 min	4 m	Cross	6-7 m
9	7/18/22	20-25 min	Walk/ cross	5 m SummaCare. BLUE LINE STRIDERS	20-25 min	Cross	9-11 m
10	7/25/22	15 min	Walk/ cross	15 min	3 m	Cross	6 m
11	8/1/22	20-25 min	Walk/ cross	25-30 min	5 m	Cross	7-8 m
12	8/8/22	20-25 min	Walk/ cross	20-25 min	**6.2 m** GOODYEAR HALF | 10K	Cross	10- 11 m
13	8/15/22	20-25 min	Walk/ cross	20-25 min	3-5 m SummaCare. BLUE LINE STRIDERS	Cross	7- 10 m
14	8/22/22	30 min	Walk/ cross	30 min	3-6 m	Cross	9- 12 m
15	8/29/22	25-30 min	Walk/ cross	25-30 min	3 m SummaCare. BLUE LINE STRIDERS	Cross	8-9 m
16	9/5/22	40 min	Walk/ cross	30 min	4-7 m	Cross	11-14 m
17	9/12/22	25 min	Walk/ cross	25 min	3 m	Cross	8 m
18	9/19/22	20 min	Walk/ cross	20 min	**4-7 m** FirstEnergy MARATHON HALF | RELAY	Rest	8-12 m

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