

2025

Full Marathon Series Training Plan

Advanced/Competitive



Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total
1	5/26	4x30 sec. ^{4 m} hill sprint	5 m	^{5 m} hilly course	4x15 ^{6 m} sec. stride	10 m easy	30 miles
2	6/2	5x30 sec. ^{4 m} hill sprint	6 m	^{5 m} hilly course	5x15 ^{6 m} sec. stride	12 m easy	33 miles
3	6/9	6x30 sec. ^{4 m} hill sprint	5 m	^{5 m} hilly course	6x15 ^{7 m} sec. stride	^{14 m} last 2 m @ full	35 miles
4	6/16	6x30 sec. ^{5 m} hill sprint	6 m	^{5 m} progression	6 m	7 m easy	29 miles
5	6/23	^{5 m} total 2x1 m @ 1 hour	^{5 m} hilly course	6 m	4x15 ^{4 m} sec. stride	8k + 4 m	29 miles
6	6/30	5 m	6 m	^{6 m} progression	5 m	^{16 m} last 3 m @ full	38 miles
7	7/7	^{6 m} total 3x1 m @ 1 hour	6 m	^{7 m} progression	4x15 ^{5 m} sec. stride	^{18 m} last 4 @ full	42 miles
8	7/14	5 m	8 m	^{6 m} total 4x1 m @ 1 hour	6 m	8 m easy	33 miles
9	7/21	^{6 m} total 2x2 m @ 1 hour	7 m	^{7 m} progression	4x15 ^{6 m} sec. stride	19 m easy	45 miles
10	7/28	6 m	^{8 m} total 3x2 m @ 1 hour	8 m	^{3 m} easy 3 m @ half	^{3 m} easy 8 m @ full 4 m easy	43 miles
11	8/4	5 m	^{3 m} easy 2 m @ half	6 m	4x15 ^{4 m} sec. stride	13.1 m	33 miles
12	8/11	5 m	6 m	^{7 m} hilly course	6 m	12 m easy	36 miles
13	8/18	^{5 m} total 5x800 @ 5k	8 m	^{2 m} easy 5 m @ half	6 m	21 m easy	47 miles
14	8/25	7 m	^{8 m} hilly course	^{6 m} total 6x800 @ 5k	9 m	^{18 m} last 6 m @ full	48 miles
15	9/1	^{9 m} hilly course	^{6 m} total 7x800 @ 5k	8 m	4x15 ^{6 m} sec. stride	22 m easy	51 miles
16	9/8	6 m	6 m	^{3 m} easy 3 m @ half	^{6 m} hilly course	^{4 m} easy 10 m @ full	38 miles
17	9/15	^{6 m} total 2x2 m @ half	5 m	^{2 m} easy 3 @ full	4x15 ^{6 m} sec. stride	10 m easy	32 miles
18	9/22	^{5 m} total 2x1 m @ half	3 m	^{4 m} total 1 m @ full 1 m @ half	3 m	26.2 m	41 miles

m=mile

stride=fast relaxed running

@5k means to run at 5k race pace for that workout.

@1 hour means to run at the pace you can maintain for 1 hour.

@half or @full means to run at marathon or half marathon race pace.

Progression means start with a few slow miles and build to marathon or half marathon pace for a few miles. Finish with a slow mile or two.

It is advised to have been consistently running 3-4 miles 3 times a week for 1 year prior to starting this training plan.

Plans are only guidelines which should be adapted based on individual needs.

Choose any 5 days of the week that works with your schedule. It is advised to put a rest day after your long run. The other day of the week can be a rest day or cross training day (biking, elliptical, swimming, etc.)

Akron Marathon assumes no liability for training plans. It is advised to consult your doctor before starting a new training plan.

Race Day!

Blue Line Striders Group Run



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2025

Half Marathon Series Training Plan

Advanced/Competitive



Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total
1	5/26	4 m 4x30 sec. hill sprint	5 m	5 m hilly course	6 m 4x15 sec. stride	6 m easy	26 miles
2	6/2	4 m 5x30 sec. hill sprint	6 m	5 m hilly course	6 m 5x15 sec. stride	7 m easy	28 miles
3	6/9	4 m 6x30 sec. hill sprint	6 m	5 m hilly course	7 m 6x15 sec. stride	8 m easy	30 miles
4	6/16	4 m 6x30 sec. hill sprint	5 m	6 m progression	5 m	6 m easy	26 miles
5	6/23	4 m fartlek	4 m	5 m	4x15 sec. stride	8k + 2 m	24 miles
6	6/30	6 m	7 m	6 m progression	5 m	9 m last 2 @ half	33 miles
7	7/7	5 m fartlek	7 m	7 m progression	5 m	10 m last 2 @ half	34 miles
8	7/14	5 m fartlek	6 m	5 m 6x15 sec. stride	5 m	7 m easy	28 miles
9	7/21	6 m total 3x1 m @ 1 hour	7 m	6 m total 2 m @ half 1 m @ 10k	6 m	11 m last 3 @ half	36 miles
10	7/28	6 m total 4x1 m @ 1 hour	7 m	7 m total 2x1 m @ 10k	6 m	12 m last 3 @ half	38 miles
11	8/4	6 m	5 m total 2 m @ half	5 m	4x15 sec. stride	10k + 2 m	28 miles
12	8/11	5 m	6 m	8 m total 2x2 m @ hour	5 m	13 m easy	37 miles
13	8/18	6 m total 5x800 @ 5k	8 m	8 m total 2x3 m @ half	6 m	13 m 4 m @ half	41 miles
14	8/25	6 m total 3x1 m @ 10k 3x800 @ 5k	6 m	7 m hilly course	6 m 4x15 sec. stride	9 m easy	34 miles
15	9/1	8 m total 3x1 m @ 10k 4x800 @ 5k	7 m	9 m total 2x4 m @ half	6 m	14 m easy	44 miles
16	9/8	7 m total 2x1 m @ 10k 6x800 @ 5k	7 m hilly course	9 m total 2x3 m @ half	6 m	15 m 2 m @ half	44 miles
17	9/15	6 m	6 m total 2x1 m @ 10k 2x800 @ 5k	5 m	7 m 4x15 sec. stride	8 m easy	32 miles
18	9/22	4 m total 4x800 @ 10k	3 m	4 m total 2x1 m @ half	3 m	13.1 m	27 miles

m=mile

stride=fast relaxed running

@5k means to run at 5k race pace for that workout.

@1 hour means to run at the pace you can maintain for 1 hour.

@half or @full means to run at marathon or half marathon race pace.

Progression means start with a few slow miles and build to marathon or half marathon pace for a few miles. Finish with a slow mile or two.

It is advised to have been consistently running 3-4 miles 3 times a week for 1 year prior to starting this training plan.

Plans are only guidelines which should be adapted based on individual needs.

Choose any 5 days of the week that works with your schedule. It is advised to put a rest day after your long run. The other day of the week can be a rest day or cross training day (biking, elliptical, swimming, etc.)

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Race Day!

Blue Line Striders
Group Run

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2025

5-person Relay Series Training Plan

Advanced/Competitive



Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total
1	5/26	4 m fartlek	5 m	5 m hilly course	5 m	6 m easy	25 miles
2	6/2	4 m fartlek	6 m	5 m progression 4x15 sec. strides	5 m hilly course	7 m easy	27 miles
3	6/9	4 m fartlek	5 m	6 m progression 4x15 sec. strides	4 m hilly course	8 m easy	27 miles
4	6/16	5 m fartlek	4 m	5 m total 2 m @ half 5x15 sec. strides	4 m hilly course	6 m easy	24 miles
5	6/23	4 m progression 4x15 sec. strides	5 m	6 m	4 m 4x15 sec. stride	8k	24 miles
6	6/30	5 m	5 m	6 m total 8x400 @ 5k	6 m	7 m easy	29 miles
7	7/7	5 m total 2x1 m @ 1 hour	6 m	6 m total 9x400 @ 5k	6 m	8 m last 1 m @ half	31 miles
8	7/14	6 m total 3x1 m @ 1 hour	6 m	6 m total 10x400 @ 5k	5 m	9 m last 2 m @ half	32 miles
9	7/21	6 m total 4x1 m @ 1 hour	5 m	7 m total 12x400 @ 5k	6 m	10 m easy	34 miles
10	7/28	6 m hilly course	5 m	6 m total 2x2 m @ 1 hour	6 m	7 m easy	30 miles
11	8/4	5 m total 2 m @ half	6 m hilly course	5 m	4 m 4x15 sec. stride	10k + 2 m	28 miles
12	8/11	5 m	6 m hilly course	7 m 5x15 sec. strides	5 m	6 m easy	29 miles
13	8/18	7 m total 6x800 @ 10k	6 m	7 m 6x15 sec. strides	6 m	9 m total 2 @ half	35 miles
14	8/25	7 m total 8x800 @ 10k	4 m	5 m total 3 m @ half	6 m 6x15 sec. strides	7 m easy	29 miles
15	9/1	7 m total 2x1 m @ 10k 2x800 @ 5k	7 m hilly course	7 m 6x15 sec. strides	6 m	9 m total 2 @ half	36 miles
16	9/8	8 m total 3x1 m @ 10k 2x800 @ 5k	7 m	5 m hilly course	6 m	10 m total 3 @ half	36 miles
17	9/15	6 m total 3x1 m @ 10k 4x800 @ 5k	6 m	6 m 6x15 sec. strides	5 m	5 m easy	28 miles
18	9/22	5 m total 1 m @ 10k 6x400 @ 5k	3 m	4 m 4x15 sec. strides	3 m	4-7 m	19-22 miles

m=mile

stride=fast relaxed running

fartlek=alternating 1 to 5 min. of slow running and 5k paced running.

@5k means to run at 5k race pace for that workout.

@1 hour means to run at the pace you can maintain for 1 hour.

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Progression means start with a few slow miles and build to marathon or half marathon pace for a few miles. Finish with a slow mile or two.

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