



Beginner 8k -> Half -> Full Training Plan

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

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

m = mile

Cross = Cross train (any activity other than running that increases heart rate, such as biking or swimming)

Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	3/29-4/4	3 m	Walk/Cross	3 m	3 m	Cross	9
2	4/5-4/11	3 m	Walk/Cross	3 m	4 m	Cross	10
3	4/12-4/18	3 m	Walk/Cross	3 m	5 m	Cross	11
4	4/19-4/25	3 m	Walk/Cross	3 m	4 m	Cross	10
5	4/26-5/2	3 m	Walk/Cross	3 m	6 m	Cross	12
6	5/3-5/9	3 m	Walk/Cross	3 m	7 m	Cross	13
7	5/10-5/16	3 m	Walk/Cross	3 m	8 m	Cross	14
8	5/17-5/23	4 m	Walk/Cross	3 m	4 m	Cross	11
9	5/24-5/30	3 m	3 m	3 m	7 m	Cross	16
10	5/31-6/6	3 m	3 m	3 m	8 m	Cross	17
11	6/7-6/13	3 m	4 m	3 m	9 m	Cross	19
12	6/14-6/20	3 m	4 m	3 m	6 m	Cross	16
13	6/21-6/27	3 m	4 m	3 m	8k	Cross	15
14	6/28-7/4	3 m	4 m	3 m	11 m	Cross	21
15	7/5-7/11	3 m	5 m	3 m	13 m	Cross	24
16	7/12-7/18	3 m	5m	3 m	14 m	Cross	25
17	7/19-7/25	3 m	6 m	3 m	9 m	Cross	21
18	7/26-8/1	4 m	5m	3 m	16 m	Cross	28
19	8/2-8/8	4 m	7 m	4 m	17 m	Cross	32
20	8/9-8/15	3 m	6 m	4 m	Half	Cross	26.1
21	8/16-8/22	4 m	8 m	5 m	12 m	Cross	29
22	8/23-8/29	4 m	8 m	4 m	18 m	Cross	34
23	8/30-9/5	4 m	9 m	5 m	20 m	Cross	38
24	9/6-9/12	5 m	7 m	5 m	14 m	Cross	31
25	9/13-9/19	4 m	6 m	3 m	8 m	Cross	21
26	9/20-9/26	3 m	4 m	2 m	Full	Rest	35.2