



May 13, 2023

# 10K Run Training Schedule



The Amway River Bank Run will take place in downtown Grand Rapids, MI on Saturday, May 13, featuring the largest 25K road race in the country, the USA 25K Open Championship and 25K wheelchair/handcycle divisions. Other events include the 10K, 5K Run, 5K Community Walk and the *FREE* Amway Junior (ages 5-12) on Wednesday, May 10 at Grandville Middle School.

Use this schedule to guide you toward the finish line and feel free to adapt it for your own personal training style. Check out the free training events for helpful information and networking toward success on the second Saturday of May.

Connect online for [Amway River Bank Run](#) – free training run dates and locations, area training groups and answers to questions to take you every step of the way.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 13						
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb
Rest day	2 mile run @ easy pace	Hill training	Rest day	2 mile run @ easy pace	Cross train	3 mile run @ easy pace
WEEK 12						
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
Rest day	2 mile run @ easy pace	1 min hard/ 1 min easy x10	2 mile run @ easy pace	Rest day	Cross train	3 mile run @ easy pace
WEEK 11						
26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	4-Mar
Rest day	3 mile run @ easy pace	Hill training	3 mile run @ easy pace	Rest day	Cross train	4 mile run @ easy pace
WEEK 10						
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
Rest day	3 mile run @ easy pace	2 min hard/ 1 min easy x8	3 mile run @ easy pace	Rest day	Cross train	4 mile run @ easy pace
WEEK 9						
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
Rest day	4 mile run @ easy pace	6x for 800 meters, interval pace w/1:1 ratio rest/recov	4 mile run @ easy pace	Rest day	Cross train	5 mile run @ easy pace
WEEK 8						
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
Rest day	4 mile run @ easy pace	2 mile run @ tempo pace	4 mile run @ easy pace	Rest day	Cross train	5 mile run @ easy pace



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 7						
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
Rest day	5 mile run @ easy pace	4x for 1000 meters, interval pace w/1:1 ratio rest/recov	5 mile run @ easy pace	Rest day	Cross train	6 mile run @ easy pace
WEEK 6						
2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr
Rest day	5 mile run @ easy pace	3 mile run @ tempo pace	5 mile run @ easy pace	Rest day	Cross train	6 mile run @ easy pace
Week 5						
9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr
Rest day	4 mile run @ easy pace	6x for 400 meters @ RP	4 mile run @ easy pace	Rest day	Cross train	7 mile run @ easy pace
Week 4						
16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr
Rest day	4 mile run @ easy pace	4 mile run @ tempo pace	2 mile time trial	Rest day	Cross train	7 mile run @ easy pace
Week 3						
23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr
Rest day	3 mile run @ easy pace	8x for 200 meters @ RP/3 min rec	3 mile run @ easy pace	Rest day	Cross train	5 mile run @ easy pace
Week 2						
30-Apr	1-May	2-May	3-May	4-May	5-May	6-May
Rest day	3 mile run @ easy pace	3 mile run @ tempo pace	3 mile run @ easy pace	Rest day	Cross train	5 mile run @ easy pace
Week 1						
7-May	8-May	9-May	10-May	11-May	13-May	13-May
Rest day	3 mile run @ easy pace	3 mile run @ tempo pace	3 mile run @ easy pace	Rest day	Cross train	



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Remember to warm up and stretch before your workout as well as cool down after your workout.

### Benefits of Training:

**EASY Pace:** Improves body's ability to transport blood and oxygen

**TEMPO Pace:** Improves the lactate threshold

**STEADY** Pace: Increases aerobic capacity (VO<sub>2</sub> Max)

**RACE Pace:** Improves speed and economy

**HILL Training:** Develops leg strength and power

**EASY Pace:** This is a recovery run. If you're really tired, you may even decide to take this day off. Easy days are planned recovery days, which are essential to staying injury free

**TEMPO Pace:** This is just above your present 10K race pace. For example, if your 10K pace is 7 minutes per mile, your “tempo” pace would be somewhere in the range of 7:30- 7:45 per mile. A key test is the “talk test.” If you can still talk, although uncomfortable, you’re probably okay. If you’re running so hard you can’t talk at all, you’re running too fast

**STEADY Pace:** This is used at the end of some long runs. You may incorporate other “steady” efforts on your general run days. Steady means you’re moving along, not really at “tempo” or race pace, but a steady effort

**RACE Pace (RP):** This should be based on your goal pace for your Amway River Bank Run event. Your race pace should be a realistic goal, challenging but achievable.

**HILL Training:** Run up the hill(s) hard and jog down easy. Plan 10-15 minutes of actual running uphill during your training

The 10K Run is a competitive event, please train to maintain a running pace to complete the event within 1.5 hours (14:30 pace)

10K Pace per mile and Resulting 10K Time																					
Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish
5:00	31:04	6:00	37:17	7:00	43:30	8:00	49:43	9:00	55:55	10:00	1:02:08	11:00	1:08:21	12:00	1:14:34	13:00	1:20:47	14:00	1:27:00	15:00	1:33:12
5:10	32:06	6:10	38:19	7:10	44:32	8:10	50:45	9:10	56:58	10:10	1:03:10	11:10	1:09:23	12:10	1:15:36	13:10	1:21:49	14:10	1:28:02	15:10	1:34:14
5:20	33:08	6:20	39:21	7:20	45:34	8:20	51:47	9:20	58:00	10:20	1:04:13	11:20	1:10:25	12:20	1:16:38	13:20	1:22:51	14:20	1:29:04	15:20	1:35:17
5:30	34:11	6:30	40:23	7:30	46:36	8:30	53:49	9:30	59:02	10:30	1:05:15	11:30	1:11:27	12:30	1:17:40	13:30	1:23:53	14:30	1:30:06	15:30	1:36:19
5:40	35:13	6:40	41:25	7:40	47:38	8:40	53:51	9:40	1:00:04	10:40	1:06:17	11:40	1:12:30	12:40	1:18:42	13:40	1:24:55	14:40	1:31:08	15:40	1:37:21
5:50	36:15	6:50	42:28	7:50	48:40	8:50	54:53	9:50	1:01:06	10:50	1:07:19	11:50	1:13:32	12:50	1:19:45	13:50	1:25:57	14:50	1:32:10	15:50	1:38:23

*Before undertaking a training schedule, please read the following: Amway River Bank Run and Greg Meyer disclaim any liability to persons who undertake these training programs. These schedules are for runners who have no current physical or health problems.*

*It is recommended that runners be examined by a qualified physician before beginning one of these schedules or other programs of strenuous exercise. Greg Meyer feels that a person who completes one of these programs should be able to complete the Amway River Bank Run 25K, 10K or 5K. Neither Amway Bank nor Greg Meyer claim that these programs are correct for any particular person. It is your responsibility to determine that you are fit enough to undertake one of these programs and monitor its effect on your health.*

*If you cannot physically complete the first four weeks of your event's schedule, you should re-evaluate whether you should compete in that event. Before you begin training, buy a good pair of running shoes from the experts at Gazelle Sports who know how to fit running shoes. Carefully stretch your muscles before and after each workout, and drink appropriate amounts of water before, during and after each workout.*