



May 13, 2023

5K 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 [Amway River Bank Run](#) for 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 9						
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
Off or 20 min walk	1 min run/1 min walk for 20 min	Off	Off	20 min walk	30 min walk	4 min run/4 min walk/ 3 min run/3 min walk/ 2 min run
WEEK 8						
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
Off or 20 min walk	3 min run/3 min walk for 24 min	Off	1 min run/1 min walk for 20 min	20 min walk	30 min walk	4 min run/4 min walk/ 3 min run/3 min walk/ 2 min run
WEEK 7						
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
Off or 20 min walk	1 min run/1 min walk for 26 min	Off	2 min run/2 min walk for 20 min	25 min walk	35 min walk	4 min run/4 min walk/ 3 min run/3 min walk/ 2 min run
WEEK 6						
2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr
Off or 20 min walk	2 min run/2 min walk for 30 min	Off	3 min run/3 min walk for 28 min	25 min walk	45 min walk	1 min run/1 min walk/ 1 mile run
WEEK 5						
9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr
Off or 25 min walk	2 mile run easy	Off	1 min run/1 min walk for 30 min	3 min run/1 min walk for 28 min	40 min walk	4 min run/4 min walk/ 1 min run/3 min walk/ 2 min run



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WEEK 4						
16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr
Off or 25 min walk	2 mile run easy	Off	3 min run/2 min walk for 30 min	1 min run/ 1 min walk for 28 min	40 min walk	4 min run/4 min walk/ 3 min run/3 min walk/ 2 min run
WEEK 3						
23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr
Off or 25 min walk	2 min run/1 min walk for 25 min	Off	3 min run/2 min walk for 28 min	30 min walk	45 min walk	2 mile run/3 min walk/ 1 mile run
WEEK 2						
30-Apr	1-May	2-May	3-May	4-May	5-May	6-May
Off or 25 min walk	2 min run/2 min walk for 40 min	Off	1 min run/1 min walk for 36 min	1 min run/1 min walk for 35 min	1 mile run	2 mile run/3 min walk/ 1 mile run
WEEK 1						
7-May	8-May	9-May	10-May	11-May	12-May	13-May
Off or 25 min walk	2 min run/2 min walk for 40 min	Off	1 min run/1 min walk for 36 min	1 min run/ 1 min walk for 35 min	1 mile run	



5K Pace per mile and Resulting 5K Time															
5:00	15:32	6:00	18:38	7:00	21:45	8:00	24:51	9:00	27:58	10:00	31:04	11:00	34:11	12:00	37:17
5:10	16:03	6:10	19:10	7:10	22:16	8:10	25:22	9:10	28:29	10:10	31:35	11:10	34:42	12:10	37:48
5:20	16:34	6:20	19:41	7:20	22:47	8:20	25:53	9:20	29:06	10:20	32:06	11:20	35:13	12:20	38:19
5:30	17:05	6:30	20:12	7:30	23:18	8:30	26:24	9:30	29:31	10:30	32:37	11:30	35:44	12:30	38:40
5:40	17:36	6:40	20:43	7:40	23:49	8:40	26:56	9:40	30:02	10:40	33:08	11:40	36:15	12:40	39:21
5:50	18:07	6:50	21:14	7:50	24:20	8:50	27:27	9:50	30:33	10:50	33:59	11:50	36:46	12:50	39:52

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.