



May 13, 2023

5K Walk 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 25K Relay, 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 12						
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
Rest day	Rest or walk	10 minute walk	Rest or walk	10 minute walk	Rest day	1 mile walk
WEEK 11						
26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	4-Mar
20-40 minute walk	Rest or walk	10 minute walk	Rest or walk	10 minute walk	Rest day	1 mile walk
WEEK 10						
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
20-40 minute walk	Rest or walk	15 minute walk	Rest or walk	15 minute walk	Rest day	1.5 mile walk
WEEK 9						
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
30-60 minute walk	Rest or walk	15 minute walk	Rest or walk	15 minute walk	Rest day	1.5 mile walk
WEEK 8						
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
30-60 minute walk	Rest or walk	15 minute walk	Rest or walk	15 minute walk	Rest day	1.75 mile walk
WEEK 7						
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
35-60 minute walk	Rest or walk	20 minute walk	Rest or walk	20 minute walk	Rest day	2 mile walk



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 6						
2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr
40-60 minute walk	Rest or walk	20 minute walk	Rest or walk	20 minute walk	Rest day	2.25 mile walk
WEEK 5						
9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr
45-60 minute walk	Rest or walk	20 minute walk	Rest or walk	20 minute walk	Rest day	2.25 mile walk
Week 4						
16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr
45-60 minute walk	Rest or walk	25 minute walk	Rest or walk	25 minute walk	Rest day	2.5 mile walk
Week 3						
23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr
50-60 minute walk	Rest of walk	25 minute walk	Rest or walk	25 minute walk	Rest day	2.75 mile walk
Week 2						
30-Apr	1-May	2-May	3-May	4-Mar	5-May	6-May
55-60 minute walk	Rest or walk	30 minute walk	Rest or walk	30 minute walk	Rest day	3 mile walk
Week 1						
7-May	8-May	9-May	10-May	11-May	12-May	13-May
60 minute walk	Rest or walk	30 minute walk	Rest or walk	30 minute walk	Rest day	

1st Saturday of the Month Training Run, 8a-David D Hunting YMCA (475 Lake Michigan Dr NW)

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.