



May 13, 2023

25K 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 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 at [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.

N: Novice runner **M:** Runner with some experience **E:** Experienced runner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 25						
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
N: Rest or 1 mile run easy	N: 20 min run	N: 1 min run/1 min walk for 18 min	N: 1 mile run or walk	N: 20 minute walk	N: 1 mile run easy	N: 2 mile run
M: Rest	M: 1 mile run easy	M: 20 min run	M: Rest	M: 2 mile run	M: 1 mile run/1 min walk for 20 min	M: 2 mile run
E: Rest or 3-4 mile run easy	E: 3 mile run	E: 3.5 mile run	E: 3 mile run	E: 1 mile warm up/1 mile tempo/1 mile cool	E: 3 mile run easy	E: 5 mile run
WEEK 24						
27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec
N: Rest or 1 mile run easy	N: 20 min run	N: 1 min run/1 min walk for 18 min	N: 1 mile run or walk	N: 20 minute walk	N: 1 mile run easy	N: 2 mile run
M: Rest	M: 1 mile run easy	M: 20 min run	M: Rest	M: 2 mile run	M: 1 mile run/1 min walk for 20 min	M: 2 mile run
E: Rest or 3-4 mile run easy	E: 3 mile run	E: 3.5 mile run	E: 3 mile run	E: 1 mile warm up/1 mile tempo/1 mile cool down	E: 3 mile run easy	E: 5 mile run
WEEK 23						
4-Dec	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec	10-Dec
N: Rest or 1 mile run easy	N: 20 min run	N: 1 min run/1 min walk for 20 min	N: 1 mile run or walk	N: 20 min walk	N: 1 mile run easy	N: 2 mile run
M: Rest	M: 1 mile run	M: 20 min run	M: Rest	M: 2 mile run	M: Rest	M: 2.5 mile run
E: Rest or 3-4 mile run easy	E: 3 mile run	E: 4 mile run	E: 3 mile run	E: 2 mile run/3x for 2 min @ RP/5 min run between/1 mile cool down	E: 3 mile run easy	E: 5 mile run
WEEK 22						
11-Dec	12-Dec	13-Dec	14-Dec	15-Dec	16-Dec	17-Dec
N: Rest or 1 mile run easy	N: 2.5 mile run	N: 5 min run/5 min walk/5 min run	N: 1 mile run	N: 22 min walk	N: 1 mile run easy	N: 2.5 mile run
M: Rest	M: 2 mile run	M: 5 min run/5 min walk x 3 sets	M: Rest	M: 2 mile run	M: 2.5 mile run	M: Rest
E: Rest or 3-4 mile run easy	E: 3 mile run	E: 5 mile run	E: 3 mile run	E: 1 mile warm up/1.5 mile tempo/1 mile cool down	E: 3 mile run easy	E: 6 mile run



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WEEK 21						
18-Dec	19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec
N: Rest or 1 mile run easy M: 3 mile run E: Rest or 3-4 mile run easy	N: 2 mile run M: Rest E: 4 mile run steady	N: 5 min run/2.5 min walk/7.5 min run M: 2.5 mile run E: 5 mile run	N: 5 min run/2.5 min walk/7.5 min run M: 2 mile run E: 4 mile run	N: 25 min walk M: Rest E: 3 mile run/3x for 3 min @ RP/ 1 mile cool down	N: 1 mile run easy M: 3 mile run E: 3 mile run easy	N: 2.5 mile run M: Rest E: 6 mile run
WEEK 20						
25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
N: Rest or 1 mile run easy M: 4 mile run E: Rest or 3-4 mile run easy	N: 2 mile run M: Rest E: 4 mile run steady	N: 1 min run/1 min walk for 25 minutes M: 2 mile run E: 3 mile run	N: 1.5 mile run M: 2.5 mile run E: 4 mile run	N: 25 minute walk M: Rest E: 1 mile warm up/2 mile tempo/ 1 mile cool	N: 1 mile run easy M: 3.5 mile run E: 3 mile run easy	N: 3 mile run M: Rest E: 7 mile run
WEEK 19						
1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan
N: Rest or 1 mile run M: 4 mile run E: Rest or 3-4 mile run easy	N: 2 mile run M: Rest E: 4 mile run	N: 1 min run/1 min walk for 30 min M: 3 mile run E: 5 mile run	N: 1.5 mile run M: 2.5 mile run E: 3 mile run	N: 30 minute walk M: Rest E: 2 mile run/3x for 5 min @ RP/5 min run in between/1 mile cool	N: 1.5 mile run M: 3 mile run E: 3 mile run	N: 3 mile run M: Rest E: 8 mile run
WEEK 18						
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
N: Rest or 1 mile run M: 4.5 mile run E: Rest or 3-4 mile run easy	N: 2 mile run M: Rest E: 4 mile run	N: 10 min run/5 min walk/10 min run M: 2.5 mile run E: 5 mile run	N: 1 mile run M: 3 mile run E: 3 mile run	N: 30 min walk M: Rest E: 1 mile warm up/3 mile @ tempo/1 mile cool down	N: 1.5 mile run M: 3.5 mile run E: 3 mile run	N: 4 mile run M: Rest E: 9 mile run
WEEK 17						
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
N: Rest or 1-1.5 mile run M: 5 mile run E: Rest or 3-4 mile run easy	N: 30 min run easy M: Rest E: 6 mile run	N: 1 mile run/5 min walk/10 min run M: 3 mile run E: 3 mile run steady	N: 2 mile run M: 2.5 mile run E: 5 mile run easy	N: 40 min walk M: Rest E: 1 mile warm up/3x for 7 min @ RP/4 min run between/1 mile cool down	N: 2 mile run M: 3 mile run E: 3 mile run easy	N: 5 mile run M: Rest E: 9 mile run
WEEK 16						
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
N: Rest or 1-2 mile run M: 5 mile run E: Rest or 3-4 mile run	N: 30 min run easy M: Rest E: 3 mile run steady	N: 1 mile run/30 min walk M: 2.5 mile run E: 5 mile run easy	N: 2 mile run M: 3 mile run E: 3 mile run steady	N: 2 mile run M: Rest E: 1 mile warm up/3 mile @ tempo/1 mile cool down	N: 1.5 mile run/30 min walk M: 3.5 mile run E: 3 mile run easy	N: 6 mile run M: Rest E: 10 mile run
WEEK 15						
29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb
N: Rest or 1-2 mile run M: 6 mile run E: Rest or 3-4 mile run	N: 35 min run easy M: Rest E: 6 mile run steady	N: 2.5 mile run M: 3 mile run E: 4 mile run steady	N: 45 min run M: 2.5 mile run E: 5 mile run steady	N: 2.5 mile run M: Rest E: 2 mile warm up/4x for 5 min @ RP/3 min run between/1 mile cool down	N: 1 mile run/ 20 min walk M: 3.5 mile run E: 3 mile run easy	N: 6 mile run M: Rest E: 10 mile run



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 14						
5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb
N: Rest or 1-3 mile run M: 6 mile run E: Rest or 3-4 mile run	N: 35 min run easy M: Rest E: 6 mile run	N: 3 mile run M: 3 mile run E: 4 mile run steady	N: 1 mile run/ 20 min walk M: 4 mile run E: 6 mile run easy	N: 3 mile run M: Rest E: 2 mile warm up/3 mile @ tempo/1 mile cool down	N: 45 min run M: 3 mile run E: 3 mile run easy	N: 7 mile run M: Rest E: 11 mile run
WEEK 13						
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb
N: Rest or 1-3 mile run M: 7 mile run E: Rest or 3-4 mile run	N: 40 min run easy M: Rest E: 5 mile run steady	N: 45 min walk M: 2 mile run E: 4 mile run easy	N: 2.5 mile run M: 3 mile run E: 5 mile run easy	N: 3 mile run M: Rest E: 5 mile run, miles 1, 3, 5 easy/ miles 2, 4 @ RP	N: 2 mile run/20 min walk M: 3 mile run E: 4 mile run easy	N: 7 mile run M: Rest E: 9 mile run
WEEK 12						
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
N: Rest or 1-3 mile run M: 7 mile run E: Rest or 3-4 mile run	N: 40 min run easy M: Rest E: 6 mile run steady	N: 3 mile run M: 2.5 mile run E: 5 mile run	N: 3 mile run M: 3 mile run E: 1 mile warm up/3x for 8 min @ RP/3 min run between/2 mile cool down	N: 45 min walk M: Rest E: 4 mile run easy	N: 4 mile run M: 3.5 mile run E: 5 mile run easy	N: 8 mile run M: Rest E: 11 mile run
WEEK 11						
26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	4-Mar
N: Rest or 2-3 mile run M: 8 mile run E: Rest or 3-4 mile run	N: 50 min run easy M: Rest E: 5 mile run	N: 3 mile run M: 3 mile run E: 5 mile run easy	N: 45 min walk M: 2.5 mile run E: 2 mile warm up/3 mile @ tempo/2 mile cool down	N: 2 mile run M: Rest E: 7 mile run easy	N: 4 mile run M: 3.5 mile run E: 4 mile run easy	N: 8 mile run M: Rest E: 12 mile run
WEEK 10						
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
N: Rest or 2-3 mile run M: 8 mile run E: Rest or 3-5 mile run	N: 5 mile run M: Rest E: 7 mile run	N: 2 mile run M: 2 mile run E: 5 mile run easy	N: 45 min walk M: 3 mile run E: 2 mile warm up/3x 10 min @ RP / 4 min run between/1 mile cool down	N: 3 mile run M: Rest E: 6 mile run easy	N: 3 mile run M: 3 mile run E: 5 mile run	N: 9 mile run M: Rest E: 12 mile run
WEEK 9						
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
N: Rest or 2-3 mile run M: 9 mile run E: Rest or 3-5 mile run	N: 3 mile run M: Rest E: 5 mile run	N: 2 mile run M: 2 mile run E: 5 mile run steady	N: 30 min walk M: 4 mile run E: 2 mile warm up/10x for 3 min @ RP / 3 min run between/2 mile cool down	N: 3 mile run M: Rest E: 6 mile run steady	N: 4 mile run M: 3 mile run E: 5 mile run easy	N: 10 mile run M: Rest E: 12 mile run
WEEK 8						
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
N: Rest or 2-3 mile run M: 10 mile run E: Rest or 4-5 mile run	N: 5 mile run M: Rest E: 6 mile run steady	N: 3 mile run M: 3 mile run E: 6 mile run easy	N: 45 min walk M: 5 mile run E: 2 mile warm up/30 min @ tempo/1 mile cool down	N: 4 mile run M: Rest E: 5 mile run	N: 3 mile run M: 3 mile run E: 5 mile run easy	N: 11 mile run M: Rest E: 13 mile run



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 7						
26-Mar	27-Mar	Mar 28	29-Mar	30-Mar	31-Mar	1-Apr
N: Rest or 2-4 mile run M: 11 mile run E: Rest or 4-5 mile run	N: 4 mile run M: Rest E: 6 mile run	N: 3 mile run M: 4 mile run E: 7 mile run easy	N: 45 min walk M: 6 mile run E: 2 mile warm up/5x for 5 min @ 5K RP / 3 min run between/2 mile cool down	N: 6 mile run M: Rest E: 5 mile run	N: 5 mile run M: 3 mile run E: 5 mile run easy	N: 12 mile run M: Rest E: 15 mile run
WEEK 6						
2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr
N: Rest or 2-4 mile run M: 12 mile run E: Rest or 4-5 mile run	N: 4 mile run M: Rest E: 6 mile run	N: 2 mile run/10 min walk/2 mile run M: 3 mile run E: 5 mile run steady	N: 45 min walk M: 5 mile run E: 2 mile warm up/8x for 3 min @ 5K RP / 3 min run between/2 mile cool down	N: 5 mile run M: Rest E: 7 mile run easy	N: 3 mile run M: 3 mile run E: 5 mile run easy	N: 14 mile run M: Rest E: 11 mile run
WEEK 5						
9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr
N: Rest M: 14 mile run E: Rest or 4-5 mile run	N: 3 mile run M: Rest E: 7 mile run	N: 2 mile run/10 min walk/2 mile run M: 3 mile run E: 6 mile run easy	N: 45 min walk M: 5 mile run E: 2 mile warm up/3 mile @ tempo / 3 min run between/2 mile cool down	N: 5 mile run M: Rest E: 7 mile run	N: 5 mile run M: 4 mile run E: 6 mile run easy	N: 12 mile run M: Rest E: 12 mile run
WEEK 4						
16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr
N: Rest or 3-4 mile run M: 12 mile run E: Rest or 4-5 mile run	N: 4 mile run M: Rest E: 8 mile run	N: 3 mile run M: 4 mile run E: 4 mile run steady	N: 45 min walk M: 5 mile run E: 2 mile warm up/3x for 1 mile @ RP / 4 min run between/1 mile cool down	N: 5 mile run M: Rest E: 6 mile run easy	N: 5 mile run M: 3 mile run E: 5 mile run easy	N: 11 mile run M: 11 mile run E: 13 mile run
WEEK 3						
23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr
N: Rest M: Rest E: Rest or 4-5 mile run	N: 3 mile run M: 3 mile run E: 7 mile run steady	N: 5 mile run M: 5 mile run E: 6 mile run steady	N: 45 min walk M: Rest E: 2 mile warm up/4x for 90 sec @ RP / 3 min run between/1 mile cool down	N: 2 mile run/10 min walk/ 2 mile run M: 5 mile run E: 5 mile run	N: 4 mile run M: 3 mile run E: 6 mile run easy	N: 8-10 mile run M: 10 mile run E: 9-11 mile run
WEEK 2						
30-Apr	1-May	2-May	3-May	4-May	5-May	6-May
N: Rest or 2 mile run M: Rest E: Rest of 4-5 mile run	N: 3 mile run M: 3 mile run E: 4 mile run steady	N: 4 mile run M: 4 mile run E: 5 mile run	N: Rest or 1-2 mile run M: Rest E: 2 mile warm up/1 mile @ RP/1 mile cool down	N: 3 mile run M: 3 mile run E: 3 mile run	N: 2 mile run easy M: 2 mile run easy E: 2 mile run easy	N: 8-10 mile run M: 10 mile run E: 9-11 mile run
WEEK 1						
7-May	8-May	9-May	10-May	11-May	12-May	13-May
N: Rest or 2 mile run M: Rest E: Rest of 4-5 mile run	N: 3 mile run M: 3 mile run E: 4 mile run steady	N: 4 mile run M: 4 mile run E: 5 mile run	N: Rest or 1-2 mile run M: Rest E: 2 mile warm up/1 mile @ RP/1 mile cool down	N: 3 mile run M: 3 mile run E: 3 mile run	N: 2 mile run easy M: 2 mile run easy E: 2 mile run easy	





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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 (VO2 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

25K Pace per mile and Resulting 25K Time - must complete 25K in 3.5 hours for official results

6:00	1:33:10	7:00	1:48:40	8:00	2:04:10	9:00	2:19:40	10:00	2:35:20	11:00	2:50:30	12:00	3:06:00	13:00	3:21:30
6:10	1:35:45	7:10	1:51:15	8:10	2:06:45	9:10	2:22:15	10:10	2:37:35	11:10	2:53:05	12:10	3:08:35	13:10	3:24:05
6:20	1:38:20	7:20	1:53:50	8:20	2:09:20	9:20	2:24:50	10:20	2:40:10	11:20	2:55:40	12:20	3:11:10	13:20	3:26:40
6:30	1:40:55	7:30	1:56:25	8:30	2:11:55	9:30	2:27:55	10:30	2:43:03	11:30	2:58:15	12:30	3:13:45	13:30	3:29:15
6:40	1:43:30	7:40	1:59:00	8:40	2:14:30	9:40	2:30:00	10:40	2:45:38	11:40	3:00:50	12:40	3:16:20	13:35	3:30:33
6:50	1:46:05	7:50	2:01:35	8:50	2:17:05	9:50	2:32:35	10:50	2:47:55	11:50	3:03:25	12:50	3:18:55		

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.