



**RIVER BANK RUN**

# HIGH MILEAGE PLAN

Plan developed by a Level II certified USA Track and Field Coach Michael Wojciakowski



Dear friends of the Amway River Bank Run and RunGR,

We hope you find this 19 week training plan helpful and effective as you prepare for the 2024 Amway River Bank Run 25K. This training plan starts the first week of January 2024 and was developed by RunGR's experienced head coach, Mike Wojciakowski incorporating weekly speed work, easy runs, and long runs to help you build endurance, strength, and speed. We hope you also sprinkle in a 5K or 10k race into your winter and spring 2024 training as you prepare for your 25K in May.

Separate 25K training plans were developed to meet you where you currently are with your training and fitness journey, including low, medium, and high mileage plans. For those of you returning to running after some time off, please consult with your health care provider first and consider the lower mile-age and lower repeat options provided.

RunGR coaches and board members will be at all Amway River Bank Run community runs this year and available to answer any training questions you might have. Please look out for some short frequently asked question (FAQ) videos that will be posted online too.

Having a community to support you in your training will help complement a solid plan like this as you work towards your running goals. A structured group of peers can provide you the accountability, support, friendship, and enjoyment of running so you can keep showing up in good weather and bad, when running is easy and when it is hard. The Amway River Bank Run community runs (first Saturday and the second Tuesday of the month) and local running groups like RunGR are here to provide you with all of these crucial elements as you train towards your goals. Whether it be finishing the Amway River Bank Run 25K, setting a PR in the 10K, taking part in your first 5k, or walking with family in the 5K walk, we are here to support you.

We look forward to seeing your progress!

**For any of you targeting shorter distances, the training plans for the 10K and 5K will start in February and March.**

See you out on the trail,

**Russ Hines**

CEO - Riverbank Events and Media

**Sonja Perakis**

President - RunGR











Plan developed by a Level II certified USA Track and Field Coach Michael Wojciakowski

**WEEK**

**1**









JANUARY 1-7  
MILEAGE: 34-34

MON 1/1	TUES 1/2	WED 1/3	THURS 1/4	FRI 1/5	SAT 1/6	SUN 1/7
EASY RUN + STRIDES	HILL SPRINTS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 8-10 x Hill Sprints 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace  	Cross Training/ Core Work/ Yoga/Weight Training/Rest

**WEEK**

**2**









JANUARY 8-14  
MILEAGE: 34-36

MON 1/8	TUES 1/9	WED 1/10	THURS 1/11	FRI 1/12	SAT 1/13	SUN 1/14
EASY RUN + STRIDES	FARTLEKS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 8-10 x 1:30 on/1:30 off Fartleks 3) Run 2 mile cooldown  	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest


**WEEK**

**3**










JANUARY 15-21  
MILEAGE: 36-36

MON 1/15	TUES 1/16	WED 1/17	THURS 1/18	FRI 1/19	SAT 1/20	SUN 1/21
EASY RUN + STRIDES	HILL SPRINTS	EASY RUN + STRIDES	EASY RUN + STRIDES	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 8-10 x Hill Sprints 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 10 miles @ Easy Pace  	Cross Training/ Core Work/ Yoga/Weight Training/Rest

**INTENSITY OF LOAD**

-  = REST
-  = EASY
-  = MEDIUM
-  = HIGH

**ICON LEGEND**

-  = CROSS TRAIN
-  = EASY RUN
-  = HILL SPRINT
-  = LONG RUN
-  = LONG RUN + FAST FINISH
-  = RACE
-  = REST
-  = S&M
-  = SPEED WORK

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**WEEK 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

**WEEK 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

**WEEK 3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							



***Goal: Deal with Adversity and the unexpected***



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**WEEK**  
**4**

**JANUARY 22-28**  
**MILEAGE: 36-38**

MON 1/22	TUES 1/23	WED 1/24	THURS 1/25	FRI 1/26	SAT 1/27	SUN 1/28
EASY RUN + STRIDES	FARTLEKS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6-8 x 2:30 on/1:30 off Fartleks 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 10 miles with first 8 easy and final two at a fast Finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest








**WEEK**  
**5**

**JAN 29 - FEB 4**  
**MILEAGE: 36-36**




MON 1/29	TUES 1/30	WED 1/31	THURS 2/1	FRI 2/2	SAT 2/3	SUN 2/4
EASY RUN + STRIDES	HILL SPRINTS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 8-10 x Hill Sprints 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace 	Cross Training/ Core Work/ Yoga/Weight Training/Rest

**WEEK**  
**6**










**FEBRUARY 5-11**  
**MILEAGE: 42-42**

MON 2/5	TUES 2/6	WED 2/7	THU 2/8	FRI 2/9	SAT 2/10	SUN 2/11
EASY RUN + STRIDES	TEMPO	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 4 x Mile @ Tempo Pace, 1:00 Recovery 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 12 miles with first 8 easy and the final 4 at fast finish	Cross Training/ Core Work/ Yoga/Weight Training/Rest

**INTENSITY OF LOAD**

	= REST
	= EASY
	= MEDIUM
	= HIGH

**ICON LEGEND**

	= CROSS TRAIN		= LONG RUN		= REST
	= EASY RUN		= LONG RUN + FAST FINISH		= S&M
	= HILL SPRINT		= RACE		= SPEED WORK

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**WEEK 4**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

**WEEK 5**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

**WEEK 6**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							



**Find Consistency  
Amidst Chaos**



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**WEEK**  
**7**

FEBRUARY 12-18  
MILEAGE: 44-44

MON 2/12	TUES 2/13	WED 2/14	THURS 2/15	FRI 2/16	SAT 2/17	SUN 2/18
EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6 x 600/1000 Alternating Progressions 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 10 miles @ Easy Pace  COMMUNITY RUN	Cross Training/ Core Work/ Yoga/Weight Training/Rest
						









**WEEK**  
**8**

FEBRUARY 19-25  
MILEAGE: 44-44

MON 2/19	TUES 2/20	WED 2/21	THURS 2/22	FRI 2/23	SAT 2/24	SUN 2/25
EASY RUN + STRIDES	TEMPO	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6 x Mile @ Tempo Pace 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 12 miles with first 6 easy and final 6 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest

**WEEK**  
**9**










FEB 26 - MAR 3  
MILEAGE: 44-44

MON 2/26	TUES 2/27	WED 2/28	THU 2/29	FRI 3/1	SAT 3/2	SUN 3/3
EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6 x 800/800 Alternating Progressions 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 10 miles @ Easy Pace 2) Static Stretching  TRAINING RUN	Cross Training/ Core Work/ Yoga/Weight Training/Rest

**INTENSITY OF LOAD**

	= REST
	= EASY
	= MEDIUM
	= HIGH

**ICON LEGEND**

	= CROSS TRAIN		= LONG RUN		= REST
	= EASY RUN		= LONG RUN + FAST FINISH		= S&M
	= HILL SPRINT		= RACE		= SPEED WORK



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**WEEK 7**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

**WEEK 8**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

**WEEK 9**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							



***Change is inevitable,  
growth is optional...***



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**WEEK**  
**10**

MARCH 4-10  
MILEAGE: 44-44

MON 3/4	TUES 3/5	WED 3/6	THURS 3/7	FRI 3/8	SAT 3/9	SUN 3/10
EASY RUN + STRIDES	RACE PACE	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) 12 x 400 @ 5k RP 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 12 miles with first 4 easy and final 8 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest








**WEEK**  
**11**

MARCH 11-17  
MILEAGE: 48-48



MON 3/11	TUES 3/12	WED 3/13	THURS 3/14	FRI 3/15	SAT 3/16	SUN 3/17
EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6 x 1000/600 Alternating Progressions 3) Run 2 mile cooldown 	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 14 miles @ Easy Pace 	Cross Training/ Core Work/ Yoga/Weight Training/Rest

**WEEK**  
**12**










MARCH 18-24  
MILEAGE: 46-46

MON 3/18	TUES 3/19	WED 3/20	THU 3/21	FRI 3/22	SAT 3/23	SUN 3/24
EASY RUN + STRIDES	RACE PACE	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 8x800 @ 5k RP 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 14 miles with first 10 easy and final 4 at fast finish	Cross Training/ Core Work/ Yoga/Weight Training/Rest

**INTENSITY OF LOAD**

	= REST
	= EASY
	= MEDIUM
	= HIGH

**ICON LEGEND**

	= CROSS TRAIN		= LONG RUN		= REST
	= EASY RUN		= LONG RUN + FAST FINISH		= S&M
	= HILL SPRINT		= RACE		= SPEED WORK

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**WEEK 10**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

**WEEK 11**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

**WEEK 12**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							



***Sleep and nutrition are key to repair and growth***



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**WEEK**  
**13**

MARCH 25-31  
MILEAGE: 46-46

MON 3/25	TUES 3/26	WED 3/27	THURS 3/28	FRI 3/29	SAT 3/30	SUN 3/31
EASY RUN + STRIDES	TEMPO	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6 x Mile @ Tempo Recovery 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 12 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest









**WEEK**  
**14**

APRIL 1-7  
MILEAGE: 48-48



MON 4/1	TUES 4/2	WED 4/3	THURS 4/4	FRI 4/5	SAT 4/6	SUN 4/7
EASY RUN + STRIDES	MIXED INTERVALS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Mixed Intervals 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 14 miles with first 8 easy and final 6 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest
					 <b>TRAINING RUN</b>	

**WEEK**  
**15**










APRIL 8-14  
MILEAGE: 48-48

MON 4/8	TUES 4/9	WED 4/10	THURS 4/11	FRI 4/12	SAT 4/13	SUN 4/14
EASY RUN + STRIDES	TEMPO	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 3 x 2 Mile @ Tempo Pace, 1:00 Recovery 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 12 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest
						

**INTENSITY OF LOAD**

	= REST
	= EASY
	= MEDIUM
	= HIGH

**ICON LEGEND**

	= CROSS TRAIN		= LONG RUN		= REST
	= EASY RUN		= LONG RUN + FAST FINISH		= S&M
	= HILL SPRINT		= RACE		= SPEED WORK

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**WEEK 13**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

**WEEK 14**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

**WEEK 15**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							



***Be boring, don't try anything new with your training***



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**WEEK  
16**

APRIL 15-21








MILEAGE: 50-50

MON 4/15	TUES 4/16	WED 4/17	THURS 4/18	FRI 4/19	SAT 4/20	SUN 4/21
EASY RUN + STRIDES	MIXED INTERVALS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Mixed Intervals 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 16 miles with first 8 easy and final 8 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest
						

**WEEK  
17**

APRIL 22-28









MILEAGE: 42-42

MON 4/22	TUES 4/23	WED 4/24	THU 4/25	FRI 4/26	SAT 4/27	SUN 4/28
EASY RUN + STRIDES	TEMPO	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 2 x 3 Mile @ Tempo Pace, 1:00 Recovery 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	Run 6 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 12 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

**WEEK  
18**

APR 29 - MAY 5










MILEAGE: 36-36

MON 4/29	TUES 4/30	WED 5/1	THU 5/2	FRI 5/3	SAT 5/4	SUN 5/5
EASY RUN + STRIDES	MIXED INTERVALS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Mixed Intervals 3) Run 2 mile cooldown 4) Static Stretching	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest
						

**INTENSITY OF LOAD**

	= REST
	= EASY
	= MEDIUM
	= HIGH

**ICON LEGEND**

	= CROSS TRAIN		= LONG RUN		= REST
	= EASY RUN		= LONG RUN + FAST FINISH		= S&M
	= HILL SPRINT		= RACE		= SPEED WORK



# RIVER BANK RUN HIGH MILEAGE PLAN



Plan developed by a Level II certified USA Track and Field Coach Michael Wojciakowski

## WEEK 16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

## WEEK 17

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

## WEEK 18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							



**Don't be afraid  
to be great.**



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**WEEK  
19**

MAY 6-12




MILEAGE: 40-40

MON 5/6	TUES 5/7	WED 5/8	THURS 5/9	FRI 5/10	SAT 5/11	SUN 5/12
EASY RUN + STRIDES	TEMPO	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	RACE DAY	CROSS TRAIN
						 
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 4 x Mile @ Tempo Pace, 1:00 Recovery 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 4 miles @ Easy Pace	1) Run 2 miles @ Easy Pace 2) Strides	River Bank Run 25K	Cross Training/ Core Work/ Yoga/Weight Training/Rest
						










**RACE WEEK!!!**

**YOU GOT THIS**

**INTENSITY OF LOAD**

-  = REST
-  = EASY
-  = MEDIUM
-  = HIGH

**ICON LEGEND**

-  = CROSS TRAIN
-  = EASY RUN
-  = HILL SPRINT
-  = LONG RUN
-  = LONG RUN + FAST FINISH
-  = RACE
-  = REST
-  = S&M
-  = SPEED WORK



Plan developed by a Level II certified USA Track and Field Coach Michael Wojciakowski

**WEEK 19**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

**RACE WEEK!!!**

**YOU GOT THIS**



**Be proud of yourself and your accomplishments**



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Questions? Comments? Please contact us [RunGRInfo@gmail.com](mailto:RunGRInfo@gmail.com)

