



RIVER BANK RUN

LOW MILEAGE PLAN



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 incorporates easy runs and long runs. 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



## WEEK

# 1








JANUARY 1-7

MON 1/1	TUES 1/2	WED 1/3	THURS 1/4	FRI 1/5	SAT 1/6	SUN 1/7
EASY RUN OR REST	EASY RUN	EASY RUN + WALK	EASY RUN	WALK	EASY RUN	LONG RUN
 						→
Rest or 1 mile run	2 mile run	1 min run / 1 min walk for 30min	1.5 mile run	30 min walk	1.5 mile run	3 mile run
						

## WEEK

# 2








JANUARY 8-14

MON 1/8	TUES 1/9	WED 1/10	THURS 1/11	FRI 1/12	SAT 1/13	SUN 1/14
EASY RUN OR REST	EASY RUN	EASY RUN + WALK	EASY RUN	WALK	EASY RUN	LONG RUN
						→
Rest or 1 mile run	2 mile run	10 min run / 5 min walk / 10 min run	1 mile run	30 min walk	1.5 mile run	4 mile run
						




## WEEK

# 3








JANUARY 15-21

MON 1/15	TUES 1/16	WED 1/17	THURS 1/18	FRI 1/19	SAT 1/20	SUN 1/21
EASY RUN OR REST	EASY RUN	EASY RUN + WALK	EASY RUN	WALK	EAST RUN	LONG RUN
						→
Rest or 1-1.5 mile run	30 min run easy	1 mile run / 5 min walk / 10 min run	2 mile run	40 min walk	2 mile run	5 mile run
						

### 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

**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

MON 1/22	TUES 1/23	WED 1/24	THURS 1/25	FRI 1/26	SAT 1/27	SUN 1/28
EASY RUN OR REST	EASY RUN	EASY RUN + WALK	EASY RUN	EASY RUN	EASY RUN + WALK	LONG RUN
 						
Rest or 1-2 mile run	30 min easy run	1 mile run / 30 min walk	2 mile run	2 mile run	1.5 mile run / 30 min walk	6 mile run

**WEEK**

**5**









JAN 29 - FEB 4

MON 1/29	TUES 1/30	WED 1/31	THURS 2/1	FRI 2/2	SAT 2/3	SUN 2/4
EASY RUN OR REST	EASY RUN	EASY RUN + WALK	EASY RUN	EASY RUN	EASY RUN + WALK	LONG RUN
 						
Rest or 1.2 mile run	35 min easy run	2.5 mile run	45 min run	2.5 mile run	1 mile run / 20 min walk	6 mile run
						




**WEEK**

**6**










FEBRUARY 5-11

MON 2/5	TUES 2/6	WED 2/7	THU 2/8	FRI 2/9	SAT 2/10	SUN 2/11
EASY RUN OR REST	EASY RUN	EASY RUN + WALK	EASY RUN	EASY RUN	EASY RUN	LONG RUN
 						
Rest or 1-3 mile run	35 min run easy	3 mile run	1 mile run / 20 min walk	3 mile run	45 min run	7 mile run

**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

**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

MON 2/12	TUES 2/13	WED 2/14	THURS 2/15	FRI 2/16	SAT 2/17	SUN 2/18
EASY RUN OR REST	EASY RUN	WALK	EASY RUN	EASY RUN	EASY RUN + WALK	LONG RUN
 						→
Rest or 1 - 3 mile run	40 min easy run 	45 min walk	2.5 mile run	3 mile run	2 mile run / 20 min walk 	7 mile run









**WEEK**  
**8**

FEBRUARY 19-25





MON 2/19	TUES 2/20	WED 2/21	THURS 2/22	FRI 2/23	SAT 2/24	SUN 2/25
EASY RUN OR REST	EASY RUN	WALK	EASY RUN	EASY RUN	EASY RUN + WALK	LONG RUN
 						→
Rest or 1 - 3 mile run	40 min easy run	3 mile run	3 mile run	45 min walk	4 mile run	8 mile run

**WEEK**  
**9**







FEB 26 - MAR 3

MON 2/26	TUES 2/27	WED 2/28	THU 2/29	FRI 3/1	SAT 3/2	SUN 3/3
EASY RUN OR REST	EASY RUN	WALK	EASY RUN	EASY RUN	EASY RUN + WALK	LONG RUN
 						→
Rest or 2-3 mile run	50 min easy run	3 mile run	45 min walk	2 mile run	4 mile run 	8 mile run

**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



**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

MON 3/4	TUES 3/5	WED 3/6	THURS 3/7	FRI 3/8	SAT 3/9	SUN 3/10
EASY RUN OR REST	EASY RUN	EASY RUN	WALK	EASY RUN	EASY RUN	LONG RUN
 						
Rest or 2-3 mile run	5 mile run	2 mile run	45 min walk	3 mile run	3 mile run	9 mile run









**WEEK**  
**11**

MARCH 11-17


MON 3/11	TUES 3/12	WED 3/13	THURS 3/14	FRI 3/15	SAT 3/16	SUN 3/17
EASY RUN OR REST	EASY RUN	EASY RUN	WALK	EASY RUN	EASY RUN	LONG RUN
 						
Rest or 2-3 mile run	3 mile run 	2 mile run	30 min walk	3 mile run	4 mile run 	10 mile run

**WEEK**  
**12**










MARCH 18-24

MON 3/18	TUES 3/19	WED 3/20	THU 3/21	FRI 3/22	SAT 3/23	SUN 3/24
EASY RUN OR REST	EASY RUN	EASY RUN	WALK	EASY RUN	EASY RUN	LONG RUN
 						
Rest or 2-3 mile run	5 mile run	3 mile run	45 min walk	4 mile run	3 mile run	11 mile run

**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

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

MON 3/25	TUES 3/26	WED 3/27	THURS 3/28	FRI 3/29	SAT 3/30	SUN 3/31
EASY RUN OR REST	EASY RUN	EASY RUN	EASY RUN	WALK	EASY RUN	LONG RUN
 						
Rest or 2-4 mile run	4 mile run	3 mile run	6 mile run	45 min walk	5 mile run	12 mile run









**WEEK**  
**14**

APRIL 1-7



MON 4/1	TUES 4/2	WED 4/3	THURS 4/4	FRI 4/5	SAT 4/6	SUN 4/7
EASY RUN OR REST	EASY RUN	EASY RUN + WALK	EASY RUN	EASY RUN	EASY RUN	LONG RUN
 						
Rest or 2-4 mile run	4 mile run	2 mile run / 10 min walk / 2 mile run	45 min walk	5 mile run	3 mile run	14 mile run
					 <b>COMMUNITY RUN</b>	

**WEEK**  
**15**










APRIL 8-14

MON 4/8	TUES 4/9	WED 4/10	THURS 4/11	FRI 4/12	SAT 4/13	SUN 4/14
REST	EASY RUN	EASY RUN + WALK	EASY RUN	EASY RUN	EASY RUN	LONG RUN
						
Rest	3 mile run	2 mile run / 10 min walk / 2 mile run	45 min walk	5 mile run	5 mile run	12 mile run
	 <b>PERRIN TRAINING RUN</b>					

**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

**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

MON 4/15	TUES 4/16	WED 4/17	THURS 4/18	FRI 4/19	SAT 4/20	SUN 4/21
EASY RUN OR REST	EASY RUN	EASY RUN	WALK	EASY RUN	EASY RUN	LONG RUN
 						→
Rest or 3-4 mile run	4 mile run	3 mile run	45 min walk	5 mile run	5 mile run	11 mile run
					 COMMUNITY RUN	










**WEEK**  
**17**

APRIL 22-28





MON 4/22	TUES 4/23	WED 4/24	THU 4/25	FRI 4/26	SAT 4/27	SUN 4/28
REST	EASY RUN	EASY RUN	WALK	EASY RUN + WALK	EASY RUN	LONG RUN
						→
Rest	3 mile run	5 mile run	45 min walk	2 mile run / 10 min walk / 2 mile run	4 mile run	8-10 mile run

**WEEK**  
**18**







APR 29 - MAY 5

MON 4/29	TUES 4/30	WED 5/1	THU 5/2	FRI 5/3	SAT 5/4	SUN 5/5
EASY RUN OR REST	EASY RUN	EASY RUN	EASY RUN OR REST	EASY RUN	EASY RUN	LONG RUN
 			 			→
Rest or 2 mile run	3 mile run	4 mile run	Rest or 1-2 mile run	3 mile run	2 mile run easy	8-10 mile run
					 TRAINING RUN	

**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

**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

MON 5/6	TUES 5/7	WED 5/8	THURS 5/9	FRI 5/10	SAT 5/11	SUN 5/12
EASY RUN OR REST	EASY RUN	EASY RUN	EASY RUN OR REST	EASY RUN	RACE DAY	CROSS TRAIN
 			 			
Rest or 2 mile run	3 mile run  PERRIN TRAINING RUN	4 mile run	Rest or 1-2 mile run	3 mile run	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



**WEEK 19**

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

	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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