



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



















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
W W	€£	Ø.	€L	E	€£	\rightarrow
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 Amwoj River Bank run TRAINING	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
E	Ø.	Ø.	Ø.	€£	Ø.	\rightarrow
Rest or 1 mile run	PERRIN PERRIN TRAINING RUN	10 min run / 5 min walk / 10 min run	1 mile run	30 min walk	1.5 mile run	4 mile run

WEEK

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
E		€	D			\rightarrow
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 RunGR COMMUNITY RUN	5 mile run

= REST
= EASY
= MEDIUM
= HIGH

INTENSITY OF LOAD

ICON LEGEND

= CROSS TRAIN
= EASY RUN

= HILL SPRINT

→ = LONG RUN => = LONG RUN + FAST FINISH

JN + NISH = REST
= S&M
RUNGR



O = RACE





	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

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

WEDNESDAY THURSDAY



Goal: Deal with Adversity and the unexpected

TUESDAY

MONDAY



SATURDAY

FRIDAY



RunGR App





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
	€L	E	E		E	\rightarrow
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
& &	C.		E	E	E	\rightarrow
Rest or 1.2	35 min easy	2.5 mile run	45 min run	2.5 mile run	1 mile run /	6 mile run
mile run	run	2.5 iiiie iuii			20 min walk	
	•	2.5				

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 R		EASY RUN	EASY RUN + WALK	EASY RUN	EASY RUN	EASY RUN	LONG RUN
W 9	X	E	E	O			\rightarrow
Rest or 1-3 mile run	3	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



= MEDIUM = HIGH

ICON LEGEND

= EASY RUN

= HILL SPRINT

→ = LONG RUN => = LONG RUN + FAST FINISH

FAST FINIS











MONDAY

MONDAY

TUESDAY

TUESDAY



WEEK 4

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

WEEK 5

	 	 	 	00
DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

THURSDAY

THURSDAY

FRIDAY

FRIDAY

SATURDAY

SATURDAY

SUNDAY

SUNDAY

WEDNESDAY

WEDNESDAY

WEEK 6

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				







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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
W W	O	E	O			\rightarrow
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
	(PC)				live . train . run	
	PERRIN				RunGR	
	PERRIN TRAINING RUN				COMMUNITY RUN	

WEEK

0

FEBRUARY 19-25

MON	2/19	TUES 2/20	WED 2/21	THURS 2/22	FRI 2/23	SAT 2/24	SUN 2/25
	RUN REST	EASY RUN	WALK	EASY RUN	EASY RUN	EASY RUN + WALK	LONG RUN
€	X	E	(I				\rightarrow
Rest or mile ru		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
& &		Ø.	€Z	€Z	Ø.	\rightarrow
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
					Amwoy RIVER BANK RUN	
					TRAINING RUN	

INTENSITY OF LOAD



= MEDIUM = HIGH

ICON LEGEND

= EASY RUN

= HILL SPRINT

⇒ = LONG RUN +

FAST FINISH

FAST FIN













	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

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

WEDNESDAY THURSDAY



MONDAY

TUESDAY



SATURDAY

FRIDAY



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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
& &	(L)		E	E	E	\rightarrow
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 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
& &		E			E	\rightarrow
Rest or 2-3 mile run	3 mile run	2 mile run	30 min walk	3 mile run	4 mile run	10 mile run
	PERRIN				RunGR	
	PERRIN TRAINING RUN				COMMUNITY RUN	

WEEK **12**

EASY RUN OR REST EASY RUN **EASY RUN** WALK EASY RUN EASY RUN LONG RUN () () B () Rest or 2-3 5 mile run 3 mile run 45 min walk 4 mile run 3 mile run 11 mile run mile run

THU 3/21

MARCH 18-24

INTENSITY OF LOAD



= HIGH

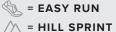
ICON LEGEND

MON 3/18



TUES 3/19

WED 3/20







FRI 3/22



SAT 3/23



SUN 3/24



MONDAY

MONDAY

TUESDAY

TUESDAY



WEEK 10

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

WEEK 11

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

THURSDAY

FRIDAY

FRIDAY

SATURDAY

SATURDAY

SUNDAY

SUNDAY

WEDNESDAY

MEK/12

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

WEDNESDAY THURSDAY



Sleep and nutrition are key to repair and growth









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
& &	Q		E	Q	€Z	\rightarrow
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

TUES 4/2	WED 4/3	THURS 4/4	FRI 4/5	SAT 4/6	SUN 4/7
EASY RUN	EASY RUN + WALK	EASY RUN	EASY RUN	EASY RUN	LONG RUN
€	O	E	€£	E	\rightarrow
4 mile run	2 mile run / 10 min walk / 2 mile run	45 min walk	5 mile run	3 mile run	14 mile run
				RIVER BANK RUN COMMUNITY	
	EASY RUN	EASY RUN + WALK 4 mile run 2 mile run / 10 min walk /	EASY RUN + WALK EASY RUN 4 mile run 2 mile run / 10 min walk /	EASY RUN + WALK EASY RUN EASY RUN 4 mile run 2 mile run / 10 min walk / 45 min walk 5 mile run	EASY RUN

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
%	€	Ø.				\rightarrow
Rest	3 mile run PERRIN PERRIN TRAINING	2 mile run / 10 min walk / 2 mile run	45 min walk	5 mile run	5 mile run	12 mile run

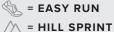
INTENSITY OF LOAD



ICON LEGEND

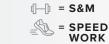


RUN





 \rightarrow = LONG RUN



REST







MONDAY



NEEK 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

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

WEDNESDAY THURSDAY



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

TUESDAY



SATURDAY

FRIDAY



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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
W W	€L	E	E		E	\rightarrow
Rest or 3-4 mile run	4 mile run	3 mile run	45 min walk	5 mile run	5 mile run RUNGR COMMUNITY RUN	11 mile 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
X.	€Z	O	Ø.			\rightarrow
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

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

APR 29 - MAY 5

INTENSITY OF LOAD

= REST
= EASY
= MEDIUM
= HIGH

ICON LEGEND

₹ = CROSS TRAIN

= EASY RUN

= HILL SPRINT

⇒ = LONG RUN +
FAST FINISH

= RACE

= S&M
= SPEED
WORK

REST



RUN







	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							

MEEK 18

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

WEDNESDAY THURSDAY



MONDAY

TUESDAY



SATURDAY

FRIDAY



RunGR App



RUN



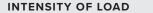
WEEK

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
& D		Ø.	& B	E	W O	<i>শ্ৰ</i> ঠ
Rest or 2 mile run	3 mile run PERRIN PERRIN TRAINING	4 mile run	Rest or 1-2 mile run	3 mile run	River Bank Run 25K	Cross Training/ Core Work/ Yoga/Weight Training/Rest







= MEDIUM = HIGH

ICON LEGEND

= EASY RUN

= HILL SPRINT

 \Rightarrow = LONG RUN +















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	3	

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





Be proud of yourself and your accomplishments





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