



RIVER BANK RUN
MEDIUM 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: 22

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
						
1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 8-10 x Hill Sprints 3) Run 2 mile cooldown	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace 	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK

2









JANUARY 8-14
MILEAGE: 22

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
						
1) Run 4 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 	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest


WEEK

3










JANUARY 15-21
MILEAGE: 26

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	CROSS TRAIN	EASY RUN + STRIDES	CROSS TRAIN	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	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace 2) Strides	Cross Training/ Core Work/ Yoga/Weight Training/Rest	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 MEDIUM MILEAGE PLAN



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

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: 26

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	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	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 8 miles with first 6 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: 24




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	CROSS TRAIN	EASY RUN	CROSS TRAIN	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	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace 	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 6










FEBRUARY 5-11
MILEAGE: 30

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	Run 2 miles warmup 2) Run 4 x Mile @ Tempo Pace, 1:00 Recovery 3) Run 2 mile cooldown	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 10 miles with first 8 easy and the final 2 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: 28

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 4 x 600/1000 Alternating Progressions 3) Run 2 mile cooldown	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 8 miles @ Easy Pace  COMMUNITY RUN	Cross Training/ Core Work/ Yoga/Weight Training/Rest
						









WEEK
8

FEBRUARY 19-25
MILEAGE: 30

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	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 3) Run 2 mile cooldown	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 10 miles with first 6 easy and final 4 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK
9










FEB 26 - MAR 3
MILEAGE: 28

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 4 x 800/800 Alternating Progressions 3) Run 2 mile cooldown	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 8 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: 30

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	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	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 10 miles with first 4 easy and final 6 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest








WEEK
11

MARCH 11-17
MILEAGE: 32



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	CROSS TRAIN	EASY RUN	CROSS TRAIN	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 	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 12 miles @ Easy Pace 	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK
12










MARCH 18-24
MILEAGE: 32

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	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	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 12 miles with first 10 easy and final 2 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: 30

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	LONG RUN	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	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 10 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest









WEEK
14

APRIL 1-7
MILEAGE: 32



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	CROSS TRAIN	EASY RUN	CROSS TRAIN	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	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 12 miles with first 8 easy and final 4 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest
						

WEEK
15










APRIL 8-14
MILEAGE: 30

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 2 x 2 Mile @ Tempo Pace, 1:00 Recovery 3) Run 2 mile cooldown	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	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		= 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: 34

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	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	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	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
 COMMUNITY RUN						









WEEK
17

APRIL 22-28
MILEAGE: 30




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	CROSS TRAIN	EASY RUN	CROSS TRAIN	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	Cross Training/ Core Work/ Yoga/Weight Training/Rest	Run 4 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 10 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK
18










APR 29 - MAY 5
MILEAGE: 24

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	EASY 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	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 4 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest
 TRAINING RUN						

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

WEEK
19




MAY 6-12
MILEAGE: 32

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	RACE DAY	CROSS TRAIN
		 		 		 
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 2 x Mile @ Tempo Pace, 1:00 Recovery 3) Run 2 mile cooldown	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 4 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	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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