



END OF FALL

# LOW MILEAGE BASE 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 fall base training plan helpful and effective as you come off your summer and early fall 2024 races and prepare for the 2025 Amway River Bank Run events. This is part one of a two-part training plan that was developed by RunGR's experienced head coach, Mike Wojciakowski and incorporates weekly speed work, easy runs, and long runs to help you build endurance, strength, and speed. We hope you also enjoy a local Turkey Trot and an end of year run, like the Reeds Lake Resolution Run, as you round out the year.

For those of you returning to running after some time off, please consult with your health care provider first and consider the lower mileage and lower repeat options provided.

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 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 over the next eight weeks and into the new year.

***Please be on the lookout for event-specific plans to come out as a part two of our overall training plan. 25K low, medium, and high mileage training plans will start in January 2025 and 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





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**WEEK**

**0**







OCT 28 - NOV 3  
MILEAGE: 4-6

MON 10/28	TUES 10/29	WED 10/30	THURS 10/31	FRI 11/01	SAT 11/02	SUN 11/03
					LONG RUN	CROSS TRAIN
					→	
					 Amway Riverbank Run community run.	Cross Training/ Core Work/ Yoga/Weight Training/Rest

**WEEK**

**1**








NOVEMBER 4 -10  
MILEAGE: 10

MON 11/04	TUES 11/05	WED 11/06	THURS 11/07	FRI 11/08	SAT 11/09	SUN 11/10
CROSS TRAIN	EASY	REST	CROSS TRAIN	EASY	EASY	REST
					→	
Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 3 miles @ Easy Pace 2) 6-8 x 100 Meter Strides	Rest Day	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 3 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	Rest Day




**WEEK**

**2**







NOVEMBER 11-17  
MILEAGE: 10

MON 11/11	TUES 11/12	WED 11/13	THURS 11/14	FRI 11/15	SAT 11/16	SUN 11/17
CROSS TRAIN	EASY	REST	CROSS TRAIN	EASY	EASY	REST
					→	
Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 3 miles @ Easy Pace 2) 6-8 x 100 Meter Strides	Rest Day	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 3 miles @ Easy Pace	RunGR Community Run 1) Run 4 miles @ Easy Pace	Rest Day
						

**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



# END OF FALL LOW MILEAGE BASE PLAN



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WEEK 0

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

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							



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



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

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## WEEK

# 3









NOV 18 - 24  
MILEAGE: 10

MON 11/18	TUES 11/19	WED 11/20	THURS 11/21	FRI 11/22	SAT 11/23	SUN 11/24
CROSS TRAIN	EASY	REST	CROSS TRAIN	EASY	EASY	REST
						
Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 3 miles @ Easy Pace 2) 6-8 x 100 Meter Strides	Rest Day	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 3 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	Rest Day

## WEEK

# 4









NOV 25 - DEC 1  
MILEAGE: 13

MON 11/25	TUES 11/26	WED 11/27	THURS 11/28	FRI 11/29	SAT 11/30	SUN 12/01
CROSS TRAIN	EASY	REST	TURKEY TROT	EASY	EASY	REST
			 			
Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 4 miles @ Easy Pace 2) 6-8 x 100 Meter Hill Sprints	Rest Day	Turkey trot or Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 4 miles @ Easy Pace	1) Run 5 miles @ Easy Pace	Rest Day




## WEEK

# 5










DECEMBER 2 - 8  
MILEAGE: 13

MON 12/02	TUES 12/03	WED 12/04	THU 12/05	FRI 12/06	SAT 12/07	SUN 12/08
CROSS TRAIN	EASY	REST	CROSS TRAIN	EASY	EASY	REST
						
Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 4 miles @ Easy Pace 2) 6-8 x 100 Meter Hill Sprints	Rest Day	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 4 miles @ Easy Pace	Amway River Bank Run Group Run 1) Run 5 miles @ Easy Pace	Rest Day
						

### 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 3

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

## 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							



### *Find Consistency Amidst Chaos*



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## WEEK

# 6









DECEMBER 9 - 15  
MILEAGE: 13

MON 12/09	TUES 12/10	WED 12/11	THURS 12/12	FRI 12/13	SAT 12/14	SUN 12/15
<b>CROSS TRAIN</b>	<b>HILL SPRINTS</b>	<b>REST</b>	<b>CROSS TRAIN</b>	<b>EASY</b>	<b>EASY</b>	<b>REST</b>
						
Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 4 miles @ Easy Pace 2) 6-8 x 100 Meter Hill Sprints;	Rest Day	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 4 miles @ Easy Pace	1) Run 5 miles @ Easy Pace	Rest Day
						

## WEEK

# 7









DECEMBER 16 - 22  
MILEAGE: 17

MON 12/16	TUES 12/17	WED 12/18	THURS 12/19	FRI 12/20	SAT 12/21	SUN 12/22
<b>CROSS TRAIN</b>	<b>TEMPO</b>	<b>REST</b>	<b>CROSS TRAIN</b>	<b>EASY</b>	<b>EASY</b>	<b>REST</b>
						
Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 2 miles @ Easy Pace 2) Run 2 x Mile @ Tempo Pace with 1:00 recovery jog 3) Run 2 miles @ Easy Pace	Rest Day	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 5 miles @ Easy Pace	RunGR Community Run 1) Run 6 miles @ Easy Pace	Rest Day
						


## WEEK

# 8










DECEMBER 23 - 29  
MILEAGE: 17

MON 12/23	TUES 12/24	WED 12/25	THURS 12/26	FRI 12/27	SAT 12/28	SUN 12/29
<b>CROSS TRAIN</b>	<b>TEMPO</b>	<b>REST</b>	<b>CROSS TRAIN</b>	<b>EASY</b>	<b>EASY</b>	<b>REST</b>
						
Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 2 miles @ Easy Pace 2) Run 3 x Mile @ Tempo Pace with 1:00 recovery jog 3) Run 1 mile @ Easy Pace	Rest Day	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 5 miles @ Easy Pace	1) Run 6 miles @ Easy Pace	Rest Day
<span style="color: red; font-weight: bold;">Tentative</span> 						

### 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 6

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

## 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							



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



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## WEEK 9

DEC 30 - JAN 5  
MILEAGE: 17

MON 12/30	TUES 12/31	WED 1/1	THURS 1/02	FRI 1/03	SAT 1/04	SUN 1/05
CROSS TRAIN	RACE	REST	CROSS TRAIN	EASY	EASY	REST
Cross Training/ Core Work/ Yoga/Weight Training/Rest	Resolution Run  	Rest Day	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 5 miles @ Easy Pace	Amway RBR Community Run 1) Run 6 miles @ Easy Pace  	Rest Day
	<i>Tentative</i> 					

## WEEK 9

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



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[AmwayRiverbankRun.com](https://AmwayRiverbankRun.com)