



Dear friends of the Amway River Bank Run and RunGR,

We hope you find this training plan helpful and effective as you prepare for the 2025 Amway River Bank Run events. This training plan 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. Please check out the RunGR website and social media for training tips as the training season progresses.

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 and fitness 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 few months and cannot wait to see you out on the course on the second Saturday in May!

See you out on the trail,

Russ Hines

CEO - Riverbank Events and Media

amwayriverbankrun.com

Sonja Perakis

President - RunGR

rungr.com

















<u>river</u> bank run **HIGH MILEAGE PLAN**



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

DEC 30-JAN 5 MILEAGE: 34

MON 12/30	TUES 12/31	WED 1/1	THURS 1/2	FRI 1/3	SAT 1/4	SUN 1/5
EASY RUN + STRIDES	HILL SPRINTS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
O	\triangle	Ø.	€	Ø.	\rightarrow	æ\ %
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 Annoy RIVER BANK RUN COMMUNITY RUN	Cross Training/ Core Work/ Yoga/Weight Training/Rest

JANUARY 6-12 MILEAGE: 34-36

MON 1/6	TUES 1/7	WED 1/8	THURS 1/9	FRI 1/10	SAT 1/11	SUN 1/12
EASY RUN + STRIDES	FARTLEKS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
E	=	Ø.	Ø.	E	\rightarrow	₩ **
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	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

JANUARY 13-19 MILEAGE: 36

MON 1/13	TUES 1/14	WED 1/15	THURS 1/16	FRI 1/17	SAT 1/18	SUN 1/19
EASY RUN + STRIDES	HILL SPRINTS	EASY RUN + STRIDES	EASY RUN + STRIDES	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
	\triangle	D	E	Ø.	\rightarrow	æ\ %
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 8-10 x	1) Run 4 miles @ Easy Pace	1) Run 6 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 10 miles @ Easy	Cross Training/
·	Hill Sprints 3) Run 2 mile cooldown	2) Strides	2) Strides	2) Strides	Pace Nive.train.run RunGR	Core Work/ Yoga/Weight Training/Rest



INTENSITY OF LOAD

DECT	A CDOCC



= EASY RUN / = HILL SPRINT

ICON LEGEND

cooldown

 \rightarrow = LONG RUN

⇒= LONG RUN + **FAST FINISH** = RACE

REST











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

MONDAY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
I I	PACE							
	HEART RATE							
l	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				

THURSDAY

FRIDAY

WEDNESDAY



Goal: Deal with Adversity and the unexpected

TUESDAY



SATURDAY



RunGR App





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JANUARY 20-26

MILEAGE: 36-38

MON 1/20	TUES 1/21	WED 1/22	THURS 1/23	FRI 1/24	SAT 1/25	SUN 1/26
EASY RUN + STRIDES	FARTLEKS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
€	=	Ø.		D	\Rightarrow	₩ **
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6-8 x	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	Cross Training/ Core Work/

JAN 27 - FEB 2 MILEAGE: 36

MON 1/27	TUES 1/28	WED 1/29	THURS 1/30	FRI 1/31	SAT 2/1
EASY RUN + STRIDES	HILL SPRINTS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN
€	\triangle	Ø.	€L	Ø.	\rightarrow
1) Run 6 miles @ Easy Pace	1) Run 2 miles warmup	1) Run 4 miles @ Easy Pace	1) Run 6 miles @ Easy Pace	1) Run 6 miles @ Easy Pace	1) Run 8 mile @ Easy Pace

2) Strides

warmup 2) Run 8-10 x

Hill Sprints 3) Run 2 mile cooldown

2:30 on/1:30

3) Run 2 mile

off Fartleks

cooldown

@ Easy Pace 2) Strides

ın 8 miles

2) Strides

@ Easy Pace

NG RUN

TRAINING RUN

and final two

at a fast

2) Static Stretching

Finish

Cross Training/ Core Work/ Yoga/Weight Training/Rest

Yoga/Weight

Training/Rest

SUN 2/2

CROSS

TRAIN

FEBRUARY 3-9 MILEAGE: 42

MON 2/3	TUES 2/4	WED 2/5	THU 2/6	FRI 2/7	SAT 2/8	SUN 2/9
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
D	=	€	€L	Ø.	\Rightarrow	₩ **
1) Run 6 miles	1) Run 2 miles	1) Run 6 miles	1) Run 6 miles	1) Run 4 miles	1) Run 12	Cross

@ Easy Pace 2) Strides

warmup

cooldown

2) Run 4 x Mile @ Tempo Pace, 1:00 Recovery 3) Run 2 mile

@ Easy Pace 2) Strides

@ Easy Pace

@ Easy Pace

2) Strides

miles with first 8 easy and the final 4 at fast

finish

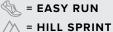
Training/ Core Work/ Yoga/Weight Training/Rest

INTENSITY OF LOAD



ICON LEGEND

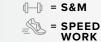






= RACE

 \rightarrow = LONG RUN



= REST









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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

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

THURSDAY

FRIDAY

WEDNESDAY



MONDAY

TUESDAY



SATURDAY



RunGR App





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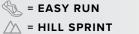
WEEK	MON 2/10	TUES 2/11	WED 2/12	THURS 2/13	FRI 2/14	SAT 2/15	SUN 2/16
WEEK	EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
7		=0	D		E	\rightarrow	₩ ***
FEBRUARY 10-16 MILEAGE: 44	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6 x 600/1000 Alternating Progressions 3) Run 2 mile cooldown PERRIN TRAINING PERRIN RUN	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 RunGR COMMUNITY RUN	Cross Training/ Core Work/ Yoga/Weight Training/Rest
	MON 2/17	TUES 2/18	WED 2/19	THURS 2/20	FRI 2/21	SAT 2/22	SUN 2/23
WEEK	EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
0		=0	D	€	O	\Rightarrow	Ø %
FEBRUARY 17-23 MILEAGE: 44	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
	MON 2/24	TUES 2/25	WED 2/26	THU 2/27	FRI 2/8	SAT 3/1	SUN 3/2
WEEK	EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
		=	O		€£	\rightarrow	Ø ¾
FEB 24 - MAR 2 MILEAGE: 44	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	Cross Training/ Core Work/ Yoga/Weight Training/Rest

INTENSITY OF LOAD



ICON LEGEND











TRAINING RUN







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MONDAY

MONDAY

TUESDAY

TUESDAY

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

WEEK 8

	DISTANCE OR TIME				
)	PACE				
	HEART RATE				
	WEATHER				
	HOW I FELT				

THURSDAY

THURSDAY

WEDNESDAY

WEDNESDAY

FRIDAY

FRIDAY

SATURDAY

SATURDAY

SUNDAY

SUNDAY

MEEK 9

DISTANCE OR TIME			
PACE			
HEART RATE			
WEATHER			
HOW I FELT			







RunGR App





Core Work/

Yoga/Weight

Training/Rest

first 4 easy

fast finish

2) Static Stretching

and final 8 at

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2) 12 x 400 @

3) Run 2 mile

cooldown

5k RP

2) Strides

2) Strides

W	EEK
1	

MARCH 3-9 MILEAGE: 44

MON 3/3	TUES 3/4	WED 3/5	THURS 3/6	FRI 3/7	SAT 3/8	SUN 3/9
EASY RUN + STRIDES	RACE PACE	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
Ø.	=0	Ø.	€		\Rightarrow	₩ ***
1) Run 6 miles @ Easy Pace	1) Run 2 miles warmup	1) Run 6 miles @ Easy Pace	1) Run 8 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 12 miles with	Cross Training/

2) Strides

MARCH 10-16 MILEAGE: 48

					J	
MON 3/10	TUES 3/11	WED 3/12	THURS 3/13	FRI 3/14	SAT 3/15	SUN 3/16
EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
	=0	D		Ø.	\rightarrow	æ \$\\
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 PERRIN TRAINING PERRIN RUN	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 Nve. train. run RUN COMMUNITY RUN	Cross Training/ Core Work/ Yoga/Weight Training/Rest
MON 3/17	TUES 3/18	WED 3/19	THU 3/20	FRI 3/21	SAT 3/22	SUN 3/23
EASY RUN + STRIDES	RACE PACE	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
(S)	_Q1	(F)	(S)	SI.	\Rightarrow	AT \$

MARCH 17-23 MILEAGE: 46

	PERRIN TRAINING PERRIN RUN				COMMUNITY	
MON 3/17	TUES 3/18	WED 3/19	THU 3/20	FRI 3/21	SAT 3/22	SUN 3/23
EASY RUN + STRIDES	RACE PACE	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
€	=0	€	Ø.	Ø.	\Rightarrow	₩ **
1) Run 6 miles @ Easy Pace	1) Run 2 miles warmup 2)	1) Run 6 miles @ Easy Pace	1) Run 8 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 14 miles with	Cross Training/

INTENSITY OF LOAD

2) Strides



ICON LEGEND

2 mile

cooldown

Run 8x800 @

5k RP 3) Run



/\ = HILL SPRINT



2) Strides



2) Strides



fast finish

first 10 easy

and final 4 at



Core Work/

Yoga/Weight

Training/Rest





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MONDAY

MONDAY

TUESDAY

TUESDAY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
WEEK 10	PACE							
	HEART RATE							
\geq	WEATHER							
	HOW I FELT							

WEDNESDAY

WEDNESDAY

		III O II DAI	. OLODA:	WEDNESDA	MONOPAI	 OA! ORDA!	oonsa.
	DISTANCE OR TIME						
	PACE						
Ξ	HEART RATE						
	WEATHER						
	HOW I FELT						

THURSDAY

THURSDAY

FRIDAY

FRIDAY

SATURDAY

SATURDAY

SUNDAY

SUNDAY

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				



Sleep and nutrition are key to repair and growth





RunGR App





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WEEK 13

MARCH 24-30 MILEAGE: 46

> WEEK 1 A

MARCH 31-APRIL 6

MILEAGE: 48

	MON 3/24	TUES 3/25	WED 3/26	THURS 3/27	FRI 3/28	SAT 3/29	SUN 3/30
	EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
	E	=0	Q	E	E	\rightarrow	₩ **
	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6 x 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 4 miles @ Easy Pace 2) Strides	1) Run 12 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest
	MON 3/31	TUES 4/1	WED 4/2	THURS 4/3	FRI 4/4	SAT 4/5	SUN 4/6
	EASY RUN + STRIDES	MIXED INTERVALS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
	E	=0	Q	€	Q	\Rightarrow	₩ **
	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 TRAINING RUN	Cross Training/ Core Work/ Yoga/Weight Training/Rest
Ĺ	MON 4/7	TUES 4/8	WED 4/9	THURS 4/10	FRI 4/11		

WEEK 15

APRIL 7-13 MILEAGE: 48

MON 4/7	TUES 4/8	WED 4/9	THURS 4/10	FRI 4/11	SAT 4/12	SUN 4/13
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
	=0	Ø.	€£		\rightarrow	₩ **
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	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



ICON LEGEND

cooldown



PERRIN TRAINING PERRIN RUN

= EASY RUN

= HILL SPRINT



= RACE











SATURDAY

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MONDAY

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

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

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

THURSDAY

FRIDAY

WEDNESDAY



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

TUESDAY





RunGR App



<u>river</u> bank run HIGH MILEAGE PLAN



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APRIL 14-20 MILEAGE: 50

MON 4/14	TUES 4/15	WED 4/16	THURS 4/17	FRI 4/18	SAT 4/19	SUN 4/20
EASY RUN + STRIDES	MIXED INTERVALS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
	=	Ø.	E		\Rightarrow	₩ **
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

APRIL 21-27 MILEAGE: 42

MON 4/21	TUES 4/22	WED 4/23	THU 4/24	FRI 4/25	SAT 4/26	SUN 4/27
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
D	=0	Ø.	€£	D	\rightarrow	₩ **
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	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

APR 28 - MAY 4 MILEAGE: 36

	1:00 Recovery 3) Run 2 mile cooldown					Yoga/Weight Training/Rest
MON 4/28	TUES 4/29	WED 4/30	THU 5/1	FRI 5/2	SAT 5/3	SUN 5/4
EASY RUN + STRIDES	MIXED INTERVALS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
E	=	Ø.		€	\rightarrow	₩ **
1) Run 6 miles	1) Run 2 miles	1) Run 4 miles	1) Run 6 miles	1) Run 4 miles	1) Run 8 miles	Cross

@ Easy Pace 2) Strides

warmup 2) Mixed Intervals 3) Run 2 mile cooldown

@ Easy Pace 2) Strides

@ Easy Pace

@ Easy Pace 2) Strides

1) Run 8 miles @ Easy Pace

COMMUNITY **RUN**



Cross Training/ Core Work/ Yoga/Weight Training/Rest

INTENSITY OF LOAD



ICON LEGEND

4) Static

Stretching

















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	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							

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DISTANCE OR TIME			
PACE			
HEART RATE			
WEATHER			
HOW I FELT			

THURSDAY

FRIDAY

WEDNESDAY



MONDAY

TUESDAY



SATURDAY



RunGR App



HIGH MILEAGE PLAN



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WEEK

MAY 5-11

MILEAGE: 40

MON 5/5	TUES 5/6	WED 5/7	THURS 5/8	FRI 5/9	SAT 5/10	SUN 5/11
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	RACE DAY	CROSS TRAIN
E	=0	Ø.		€	W O	₩ **
1) Run 6 miles	1) Run 2 miles	1) Run 4 miles	1) Run 4 miles	1) Run 2 miles	River Bank	Cross

1) Run 6 miles
@ Easy Pace
2) Strides
2) Run 4 x
Mile @ Tempo
Pace, 1:00
Recovery
3) Run 2 mile
cooldown

PERRIN TRAINING PERRIN RUN 1) Run 4 miles @ Easy Pace 2) Strides

1) Run 2 miles @ Easy Pace 2) Strides

River Bank Run 25K

Cross
Training/
Core Work/
Yoga/Weight
Training/Rest



INTENSITY OF LOAD

= REST = EASY

= MEDIUM = HIGH

ICON LEGEND

= EASY RUN
= HILL SPRINT

→ = LONG RUN

= RACE

=>= LONG RUN + FAST FINISH



= REST
= S&M
= SPEED

WORK







Amway RIVER BANK RUN

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





Be proud of yourself and your accomplishments



