



RIVER BANK RUN

LOW MILEAGE PLAN 2025

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 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











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WEEK

1








DEC 30-JAN 5
MILEAGE: 9

MON 12/30	TUES 12/31	WED 1/1	THURS 1/2	FRI 1/3	SAT 1/4	SUN 1/5
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	1) Run 2 miles @ Easy Pace	1) Walk 30 Minutes	1) Run 2 miles @ Easy Pace	1) Run 2 miles @ Easy Pace	ARBR Community Run 1) Run 3 miles @ Easy Pace 	1) Walk 30 Minutes

WEEK

2










JANUARY 6-12
MILEAGE: 10

MON 1/6	TUES 1/7	WED 1/8	THURS 1/9	FRI 1/10	SAT 1/11	SUN 1/12
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	1) Run 2 miles @ Easy Pace	1) Walk 32 Minutes	1) Run 2 miles @ Easy Pace	1) Run 2 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Walk 32 Minutes





WEEK

3










JANUARY 13-19
MILEAGE: 12

MON 1/13	TUES 1/14	WED 1/15	THURS 1/16	FRI 1/17	SAT 1/18	SUN 1/19
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	ARBR Perrin Training Run 1) Run 2.5 miles @ Easy Pace 	1) Walk 34 minutes	1) Run 2.5 miles @ Easy Pace	1) Run 2.5 miles @ Easy Pace	RUNGR Community Run 1) Run 4 miles @ Easy Pace 	1) Walk 34 minutes

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 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 20-26
MILEAGE: 12.5

MON 1/20	TUES 1/21	WED 1/22	THURS 1/23	FRI 1/24	SAT 1/25	SUN 1/26
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	1) Run 2.5 miles @ Easy Pace	1) Walk 36 minutes	1) Run 2.5 miles @ Easy Pace	1) Run 2.5 miles @ Easy Pace	1) Run 5 miles @ Easy Pace	1) Walk 36 minutes

WEEK

5








JAN 27 - FEB 2
MILEAGE: 14

MON 1/27	TUES 1/28	WED 1/29	THURS 1/30	FRI 1/31	SAT 2/1	SUN 2/2
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	1) Run 3 miles @ Easy Pace	1) Walk 38 minutes	1) Run 3 miles @ Easy Pace	1) Run 3 miles @ Easy Pace	1) Run 5 miles @ Easy Pace	1) Walk 38 minutes
						





WEEK

6










FEBRUARY 3-9
MILEAGE: 15

MON 2/3	TUES 2/4	WED 2/5	THU 2/6	FRI 2/7	SAT 2/8	SUN 2/9
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	1) Run 3 miles @ Easy Pace	1) Walk 40 minutes	1) Run 3 miles @ Easy Pace	1) Run 3 miles @ Easy Pace	1) Run 6 miles @ Easy Pace	1) Walk 40 minutes

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 LOW MILEAGE PLAN



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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 10-16
MILEAGE: 17

MON 2/10	TUES 2/11	WED 2/12	THURS 2/13	FRI 2/14	SAT 2/15	SUN 2/16
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	ARBR Perrin Training Run 1) Run 3.5 miles @ Easy Pace	1) Walk 42 minutes	1) Run 3.5 miles @ Easy Pace	1) Run 3.5 miles @ Easy Pace	1) Run 6 miles @ Easy Pace	1) Walk 42 minutes
						









WEEK 8

FEBRUARY 17-23
MILEAGE: 18





MON 2/17	TUES 2/18	WED 2/19	THURS 2/20	FRI 2/21	SAT 2/22	SUN 2/23
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	1) Run 3.5 miles @ Easy Pace	1) Walk 44 minutes	1) Run 3.5 miles @ Easy Pace	1) Run 3.5 miles @ Easy Pace	1) Run 7 miles @ Easy Pace	1) Walk 44 minutes

WEEK 9










FEB 24 - MAR 2
MILEAGE: 19

MON 2/24	TUES 2/25	WED 2/26	THU 2/27	FRI 2/8	SAT 3/1	SUN 3/2
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	1) Run 4 miles @ Easy Pace	1) Walk 46 minutes	1) Run 4 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 7 miles @ Easy Pace	1) Walk 46 minutes
						

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 LOW MILEAGE PLAN



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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 3-9
MILEAGE: 21

MON 3/3	TUES 3/4	WED 3/5	THURS 3/6	FRI 3/7	SAT 3/8	SUN 3/9
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	1) Run 4.5 miles @ Easy Pace	1) Walk 48 minutes	1) Run 4.5 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 8 miles @ Easy Pace	1) Walk 48 minutes








WEEK 11

MARCH 10-16
MILEAGE: 21



MON 3/10	TUES 3/11	WED 3/12	THURS 3/13	FRI 3/14	SAT 3/15	SUN 3/16
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	1) Run 4.5 miles @ Easy Pace	1) Walk 50 minutes	1) Run 4.5 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 8 miles @ Easy Pace	1) Walk 50 minutes
						

WEEK 12










MARCH 17-23
MILEAGE: 23

MON 3/17	TUES 3/18	WED 3/19	THU 3/20	FRI 3/21	SAT 3/22	SUN 3/23
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	1) Run 5 miles @ Easy Pace	1) Walk 52 minutes	1) Run 5 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 9 miles @ Easy Pace	1) Walk 52 minutes

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 LOW MILEAGE PLAN



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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 24-30
MILEAGE: 23

MON 3/24	TUES 3/25	WED 3/26	THURS 3/27	FRI 3/28	SAT 3/29	SUN 3/30
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	1) Run 5 miles @ Easy Pace	1) Walk 54 minutes	1) Run 5 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 9 miles @ Easy Pace	1) Walk 54 minutes









WEEK 14

MARCH 31-APRIL 6
MILEAGE: 25



MON 3/31	TUES 4/1	WED 4/2	THURS 4/3	FRI 4/4	SAT 4/5	SUN 4/6
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	1) Run 5.5 miles @ Easy Pace	1) Walk 56 minutes	1) Run 5.5 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 10 miles @ Easy Pace	1) Walk 56 minutes
						

WEEK 15










APRIL 7-13
MILEAGE: 25

MON 4/7	TUES 4/8	WED 4/9	THURS 4/10	FRI 4/11	SAT 4/12	SUN 4/13
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	1) Run 5.5 miles @ Easy Pace	1) Walk 58 minutes	1) Run 5.5 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 10 miles @ Easy Pace	1) Walk 58 minutes
						

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 LOW MILEAGE PLAN



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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 14-20
MILEAGE: 27

MON 4/14	TUES 4/15	WED 4/16	THURS 4/17	FRI 4/18	SAT 4/19	SUN 4/20
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
					→	
Rest Day	1) Run 6 miles @ Easy Pace	1) Walk 60 minutes	1) Run 6 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 11 miles @ Easy Pace	1) Walk 60 minutes
						








WEEK
17

APRIL 21-27
MILEAGE: 28



MON 4/21	TUES 4/22	WED 4/23	THU 4/24	FRI 4/25	SAT 4/26	SUN 4/27
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
					→	
Rest Day	1) Run 6 miles @ Easy Pace	1) Walk 60 minutes	1) Run 6 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 12 miles @ Easy Pace	1) Walk 60 minutes

WEEK
18







APR 28 - MAY 4
MILEAGE: 22

MON 4/28	TUES 4/29	WED 4/30	THU 5/1	FRI 5/2	SAT 5/3	SUN 5/4
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
					→	
Rest Day	1) Run 5 miles @ Easy Pace	1) Walk 50 minutes	1) Run 5 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 8 miles @ Easy Pace	1) Walk 50 minutes
						

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 LOW MILEAGE PLAN



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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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WEEK
19





MAY 5-11
MILEAGE: 27

MON 5/5	TUES 5/6	WED 5/7	THURS 5/8	FRI 5/9	SAT 5/10	SUN 5/11
REST DAY	EASY PACE	WALK	EASY PACE	EASY PACE	LONG RUN	WALK
						
Rest Day	1) Run 4 miles @ Easy Pace	1) Walk 40 minutes	1) Run 4 miles @ Easy Pace	1) Run 3 miles @ Easy Pace	River Bank Run 25K	1) Walk 40 minutes










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



RIVER BANK RUN LOW MILEAGE PLAN



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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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