



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

















LOW MILEAGE PLAN



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

WEEK

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
X	Ø.	Ø.	Ø.	Ø.	\rightarrow	O
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 FIVER BANK RUN TRAINING RUN	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
X	Ø.	E	Ø.	Ø.	\rightarrow	
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

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
X	Ø.	Ø.	E		\rightarrow	Ø.
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 We. train.run RUNGR	1) Walk 34 minutes
	PERRIN TRAINING PERRIN RUN				•	

INTENSITY OF LOAD



ICON LEGEND

= CROSS TRAIN
= EASY RUN

= HILL SPRINT

 \rightarrow = LONG RUN +

FAST FINISH

RACE

= REST

= S&M
= SPEED









MONDAY

TUESDAY

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

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	DISTANCE OR TIME				
2	PACE				
WEEK 2	HEART RATE				
\geq	WEATHER				
	HOW I FELT				

WEDNESDAY

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



Goal: Deal with Adversity and the unexpected





RunGR App





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

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
X			Ø.		\rightarrow	E
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
XX.	E	€£	E	E	\rightarrow	
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 RIVER BANK RUN TRAINING RUN	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
X	Ø.			Ø.	\rightarrow	€
Rest Day	1) Run 3 miles	1) Walk 40	1) Run 3 miles	1) Run 3 miles	1) Run 6 miles	1) Walk 40

@ Easy Pace

@ Easy Pace

REST

INTENSITY OF LOAD

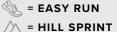


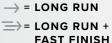
ICON LEGEND

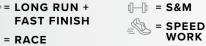


@ Easy Pace

minutes









@ Easy Pace

minutes







SUNDAY

SUNDAY

SATURDAY

SATURDAY

FRIDAY

FRIDAY

THURSDAY

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

MONDAY

	DISTANCE OR TIME			
EK 4	PACE			
	HEART RATE			
WE	WEATHER			
	HOW I FELT			

TUESDAY

WEDNESDAY

	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				

WEDNESDAY THURSDAY



MONDAY

TUESDAY





RunGR App





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

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
XX.		E	Ø.		\rightarrow	
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 Nve_train_run RunGR	1) Walk 42 minutes
	PERRIN TRAINING PERRIN RUN				RUN	

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
X	(I		Ø.	C.	\rightarrow	
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

FEB 24 - MAR 2

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
X	Ø.	€	Ø.	Ø.	\rightarrow	
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

MILEAGE: 19

TRAINING RUN

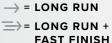
INT	CIT	v c	\ E	$\mathbf{I} \cap$	ΛΙ	_

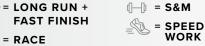


ICON LEGEND









REST









MONDAY

MONDAY

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

THURSDAY

THURSDAY

WEDNESDAY

WEDNESDAY

FRIDAY

FRIDAY

SATURDAY

SATURDAY

SUNDAY

SUNDAY

PACE HEART RATE WEATHER HOW I FELT

TUESDAY

TUESDAY

	 	 	 3711 3112711	
DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				







RunGR App



LOW MILEAGE PLAN



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

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
X	Q.	E	Ø.	(L)	\rightarrow	
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

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
X.	Ø.	Ø.	Ø.	Ø.	\rightarrow	E
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
	PERRIN TRAINING PERRIN RUN				RUNGR COMMUNITY RUN	

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
X		€£	O	C.	\rightarrow	
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

= EASY RUN
= HILL SPRINT

⇒ = LONG RUN +

FAST FINISH

= RACE

= REST











MONDAY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
EK 10	PACE							
	HEART RATE							
\mathbb{X}	WEATHER							
	HOW I FELT							

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

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

WEDNESDAY THURSDAY



Sleep and nutrition are key to repair and growth

TUESDAY



FRIDAY

SATURDAY



SUNDAY

RunGR App





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

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
X	Ø.	O	E		\rightarrow	E
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

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
X.	Ø.	Ø.	E	€	\rightarrow	E
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
					TRAINING RUN	

WEEK

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
X	Ø.	Ø.	Ø.	Ø.	\rightarrow	
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
	PERRIN TRAINING PERRIN RUN					

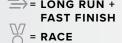
INTENSITY OF LOAD



ICON LEGEND









WORK







MONDAY

9

	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							

MEEK 15

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

THURSDAY

FRIDAY

WEDNESDAY



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

TUESDAY



SATURDAY



SUNDAY

RunGR App



LOW MILEAGE PLAN



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

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
X	E	O	E	E	\rightarrow	E
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 RunGR COMMUNITY RUN	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
X	Ø.	E	Ø.	Ø.	\rightarrow	O
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 10

APR 28 - MAY 4 MILEAGE: 22

MON 4	1/28	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
X		Ø.	Ø.	Ø.	Ø.	\rightarrow	E
Rest Day	,	1) Run 5 miles	1) Walk 50	1) Run 5 miles	1) Run 4 miles	1) Run 8 miles	1) Walk 50

@ Easy Pace

INTENSITY OF LOAD ICON LEGEND



= CROSS TRAIN

@ Easy Pace

minutes

= EASY RUN

= HILL SPRINT

→ = LONG RUN

=>= LONG RUN +
FAST FINISH

= RACE

= REST
= S&M
= SPEED
WORK

@ Easy Pace



@ Easy Pace

TRAINING RUN

minutes







C	3
	ī
77	ī
	S

	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

DISTANCE OR TIME			
PACE			
HEART RATE			
WEATHER			
HOW I FELT			

THURSDAY

FRIDAY

WEDNESDAY



MONDAY

TUESDAY



SATURDAY



SUNDAY

RunGR App



Amway RIVER BANK RUN

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

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
X	O	€£	O	C.	W O	
Rest Day	1) Run 4 miles @ Easv Pace	1) Walk 40 minutes	1) Run 4 miles @ Easv Pace	1) Run 3 miles @ Easv Pace	River Bank Run 25K	1) Walk 40 minutes



= REST = EASY = MEDIUM = HIGH

INTENSITY OF LOAD

ICON LEGEND

= EASY RUN
= HILL SPRINT

⇒ = LONG RUN + FAST FINISH

= RACE









Amway RIVER BANK RUN

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

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





Be proud of yourself and your accomplishments







RunGR App



