



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







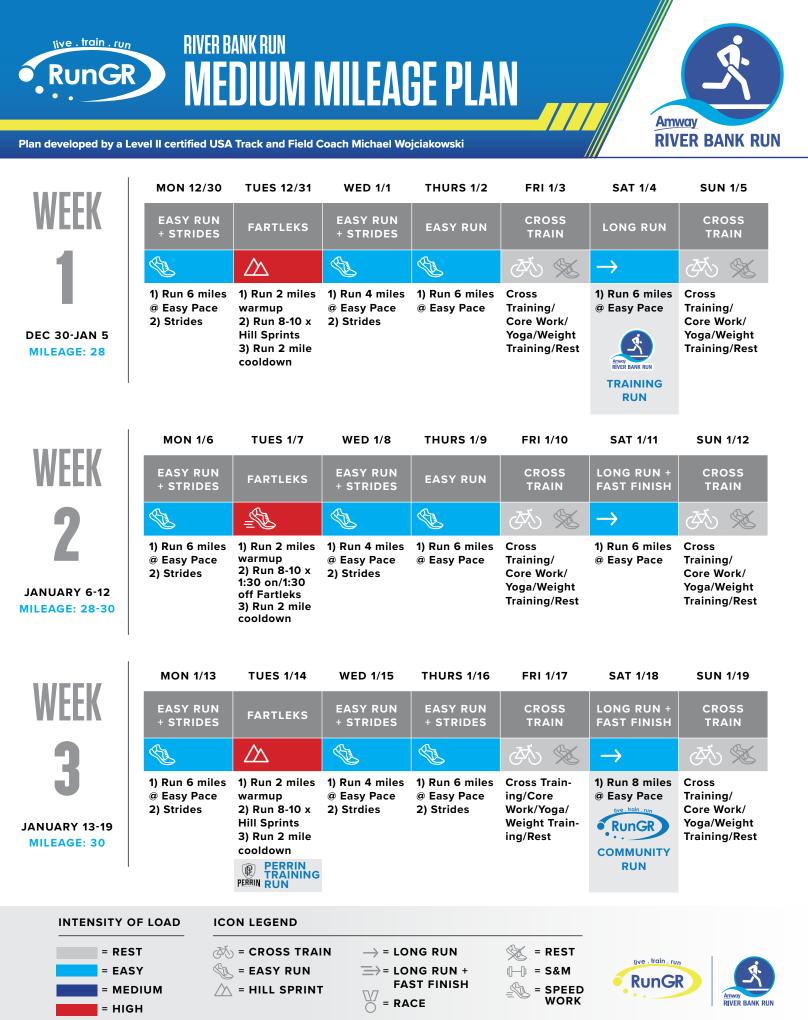
















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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
	PACE							
WEEK 1	HEART RATE							
	WEATHER							
	HOW I FELT							

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
EK 2	PACE							
	HEART RATE							
ME	WEATHER							
	HOW I FELT							

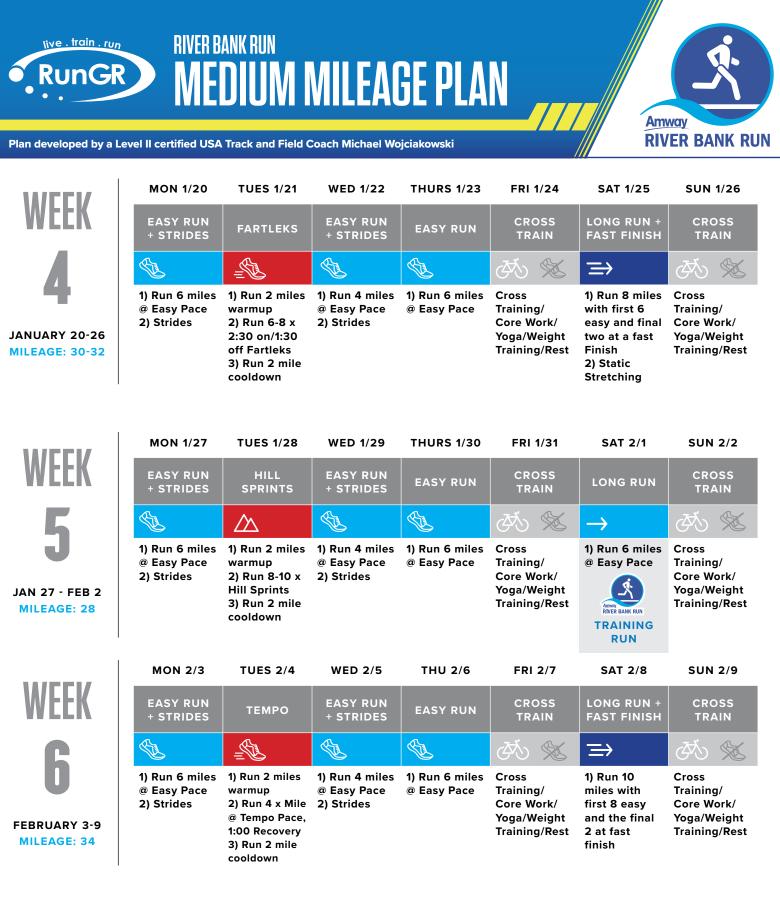
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
EK 3	PACE							
	HEART RATE							
ME	WEATHER							
	HOW I FELT							





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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
ζ4	PACE							
WEEK 4	HEART RATE							
	WEATHER							
	HOW I FELT							

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

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
WEEK 6	PACE							
	HEART RATE							
$\geq$	WEATHER							
	HOW I FELT							





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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
$\langle \rangle$	PACE							
WEEK7	HEART RATE							
	WEATHER							
	HOW I FELT							

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
WEEK 8	PACE							
	HEART RATE							
$\geq$	WEATHER							
	HOW I FELT							

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
WEEK 9	PACE							
	HEART RATE							
$\geq$	WEATHER							
	HOW I FELT							





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#### RIVER BANK RUN MEDIUM MILEAGE PLAN



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WEEN	MON 3/3	TUES 3/4	WED 3/5	THURS 3/6	FRI 3/7	SAT 3/8	SUN 3/9
WEEK	EASY RUN + STRIDES	RACE PACE	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
10	<	-	S.	S.	あ 🕱	$\Rightarrow$	西 🕱
Ιυ	1) Run 6 miles @ Easy Pace	warmup	1) Run 6 miles @ Easy Pace	1) Run 8 miles @ Easy Pace	Cross Training/	1) Run 10 miles with	Cross Training/
MARCH 3-9 MILEAGE: 38	2) Strides	2) 12 x 400 @ 5k RP 3) Run 2 mile cooldown	2) Strides		Core Work/ Yoga/Weight Training/Rest	first 4 easy and final 6 at fast finish 2) Static Stretching	Core Work/ Yoga/Weight Training/Rest
	MON 3/10	TUES 3/11	WED 3/12	THURS 3/13	FRI 3/14	SAT 3/15	SUN 3/16
WEEK	EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
11		=		S.	あ 🕱	$\rightarrow$	赵 🕱
MARCH 10-16 MILEAGE: 40	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	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 8 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
	MON 3/17	TUES 3/18	WED 3/19	THU 3/20	FRI 3/21	SAT 3/22	SUN 3/23
WEEK	EASY RUN + STRIDES	RACE PACE	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
19		=	S.		砂 🕱	$\Rightarrow$	赵 🕱
MARCH 17-23 MILEAGE: 38	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 8x800 @ 5k RP 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 12 miles with first 10 easy and final 2 at fast finish	Cross Training/ Core Work/ Yoga/Weight Training/Rest







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

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
	PACE							
WEEK 11	HEART RATE							
	WEATHER							
	HOW I FELT							

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 12</b>	DISTANCE OR TIME							
	PACE							
	HEART RATE							
	WEATHER							
	HOW I FELT							







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RUNGR RIVER BANK RUN NEDIUM MILEAGE PLAN

Amway

**RIVER BANK RUN** 

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
EK 13	PACE							
WEEK	HEART RATE							
	WEATHER							
	HOW I FELT							

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
EK 14	PACE							
	HEART RATE							
WE	WEATHER							
	HOW I FELT							

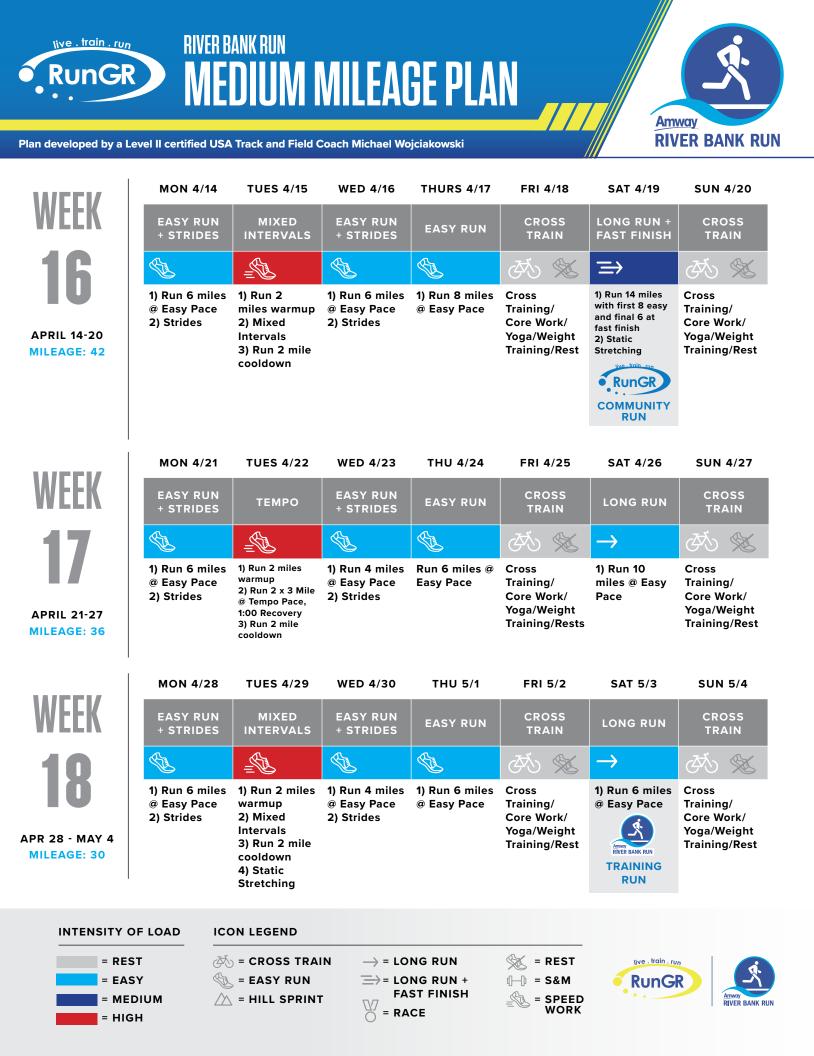
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
WEEK 15	PACE							
	HEART RATE							
	WEATHER							
	HOW I FELT							





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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 16	DISTANCE OR TIME							
	PACE							
	HEART RATE							
	WEATHER							
	HOW I FELT							

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
K17	PACE							
WEEK	HEART RATE							
	WEATHER							
	HOW I FELT							

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
WEEK 18	PACE							
	HEART RATE							
	WEATHER							
	HOW I FELT							





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#### RIVER BANK RUN MEDIUM MILEAGE PLAN



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**RACE WEEK** 

#### INTENSITY OF LOAD

= REST

= EASY

= HIGH

= MEDIUM

ICON LEGEND

= CROSS TRAIN
= EASY RUN
= HILL SPRINT







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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
5	PACE							
WEEK 1	HEART RATE							
	WEATHER							
	HOW I FELT							









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