



RIVER BANK RUN

MEDIUM 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



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

WEEK

1

DEC 30-JAN 5
MILEAGE: 28

MON 12/30	TUES 12/31	WED 1/1	THURS 1/2	FRI 1/3	SAT 1/4	SUN 1/5
EASY RUN + STRIDES	FARTLEKS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
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	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace TRAINING RUN	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK

2

JANUARY 6-12
MILEAGE: 28-30

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	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
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 cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK

3

JANUARY 13-19
MILEAGE: 30

MON 1/13	TUES 1/14	WED 1/15	THURS 1/16	FRI 1/17	SAT 1/18	SUN 1/19
EASY RUN + STRIDES	FARTLEKS	EASY RUN + STRIDES	EASY RUN + STRIDES	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
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 2) Strides	Cross Training/ Core Work/ Yoga/ Weight Training/Rest	1) Run 8 miles @ Easy Pace COMMUNITY RUN	Cross Training/ Core Work/ Yoga/Weight Training/Rest

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 MEDIUM MILEAGE PLAN



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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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RunGR App

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WEEK 4

JANUARY 20-26
MILEAGE: 30-32

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	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
				 		 
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6-8 x 2:30 on/1:30 off Fartleks 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 8 miles with first 6 easy and final two at a fast Finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest










WEEK 5

JAN 27 - FEB 2
MILEAGE: 28


MON 1/27	TUES 1/28	WED 1/29	THURS 1/30	FRI 1/31	SAT 2/1	SUN 2/2
EASY RUN + STRIDES	HILL SPRINTS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
				 		 
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	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace 	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 6










FEBRUARY 3-9
MILEAGE: 34

MON 2/3	TUES 2/4	WED 2/5	THU 2/6	FRI 2/7	SAT 2/8	SUN 2/9
EASY RUN + STRIDES	TEMPO	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
				 		 
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 4 x Mile @ Tempo Pace, 1:00 Recovery 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 10 miles with first 8 easy and the final 2 at fast finish	Cross Training/ Core Work/ Yoga/Weight Training/Rest

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 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: 36

MON 2/10	TUES 2/11	WED 2/12	THURS 2/13	FRI 2/14	SAT 2/15	SUN 2/16
EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
						
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	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Res	1) Run 8 miles @ Easy Pace  COMMUNITY RUN	Cross Training/ Core Work/ Yoga/Weight Training/Rest
						









WEEK 8

FEBRUARY 17-23
MILEAGE: 36





MON 2/17	TUES 2/18	WED 2/19	THURS 2/20	FRI 2/21	SAT 2/22	SUN 2/23
EASY RUN + STRIDES	TEMPO	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
						
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 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Res	1) Run 10 miles with first 6 easy and final 4 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 9










FEB 24 - MAR 2
MILEAGE: 36

MON 2/24	TUES 2/25	WED 2/26	THU 2/27	FRI 2/8	SAT 3/1	SUN 3/2
EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
						
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	Cross Training/ Core Work/ Yoga/Weight Training/Res	1) Run 8 miles @ Easy Pace 2) Static Stretching  TRAINING RUN	Cross Training/ Core Work/ Yoga/Weight Training/Rest

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 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: 38

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	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) 12 x 400 @ 5k RP 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 10 miles with first 4 easy and final 6 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest








WEEK 11

MARCH 10-16
MILEAGE: 40


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	CROSS TRAIN	LONG RUN	CROSS TRAIN
						
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

WEEK 12










MARCH 17-23
MILEAGE: 38

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	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
						
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

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 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: 40

MON 3/24	TUES 3/25	WED 3/26	THURS 3/27	FRI 3/28	SAT 3/29	SUN 3/30
EASY RUN + STRIDES	TEMPO	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
				 		 
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6 x Mile @ Tempo Recovery 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 10 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest











WEEK 14

MARCH 31-APRIL 6
MILEAGE: 40



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	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
				 		 
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	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 12 miles with first 8 easy and final 4 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest
					 TRAINING RUN	

WEEK 15










APRIL 7-13
MILEAGE: 40

MON 4/7	TUES 4/8	WED 4/9	THURS 4/10	FRI 4/11	SAT 4/12	SUN 4/13
EASY RUN + STRIDES	TEMPO	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
				 		 
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 cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 10 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest
						

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 MEDIUM 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: 42

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	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
						
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	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 14 miles with first 8 easy and final 6 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest
						









WEEK 17

APRIL 21-27
MILEAGE: 36


MON 4/21	TUES 4/22	WED 4/23	THU 4/24	FRI 4/25	SAT 4/26	SUN 4/27
EASY RUN + STRIDES	TEMPO	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
						
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 cooldown	1) Run 4 miles @ Easy Pace 2) Strides	Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rests	1) Run 10 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 18










APR 28 - MAY 4
MILEAGE: 30

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	CROSS TRAIN	LONG RUN	CROSS TRAIN
						
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Mixed Intervals 3) Run 2 mile cooldown 4) Static Stretching	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest
						

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 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: 38

MON 5/5	TUES 5/6	WED 5/7	THURS 5/8	FRI 5/9	SAT 5/10	SUN 5/11
EASY RUN + STRIDES	TEMPO	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	RACE DAY	CROSS TRAIN
				 		 
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 4 x Mile @ Tempo Pace, 1:00 Recovery 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 4 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Res	River Bank Run 25K	Cross Training/ Core Work/ Yoga/Weight Training/Rest
						










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

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WEEK 19

	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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