live . train . run

RunGR

Amway
RIVER BANK RUN

RIVER BANK RUN

RIVER BANK RUN
10K TRAINING 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

live . train . run
RunGR

RIVER BANK RUN
10K TRAINING PLAN

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

Amway
RIVER BANK RUN

WEEK 1

FEB 3- 9
MILEAGE: 13

MON 2/3	TUES 2/4	WED 2/5	THURS 2/5	FRI 2/7	SAT 2/8	SUN 2/9
EASY PACE	HILL SPRINTS	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 3 miles @ Easy Pace	1) Run 1 mile warmup 2) Run 6-8 x 10 Second Hill Sprints 3) Run 1 mile cooldown	Cross Training/Core Work/Yoga/Weight Training/Rest	1) Run 3 miles @ Easy Pace	Cross Training/Core Work/Yoga/Weight Training/Rest	1) Run 4 miles @ Easy Pace	Cross Training/Core Work/Yoga/Weight Training/Rest

WEEK 2

FEB 10 - 16
MILEAGE: 14

| MON 2/10	TUES 2/11	WED 2/12	THURS 2/13	FRI 2/14	SAT 2/15	SUN 2/16
EASY PACE	FARTLEKS	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 3 miles @ Easy Pace	ARBR Perrin Training Run 1) Run 1 mile warmup 2) Run 6-8 x 1:00 on/1:00 off Fartleks 3) Run 1 mile cooldown	Cross Training/Core Work/Yoga/Weight Training/Rest	1) Run 3 miles @ Easy Pace	Cross Training/Core Work/Yoga/Weight Training/Rest	RUNGR Community Run 1) Run 4 miles @ Easy **RunGR** COMMUNITY RUN	Cross Training/Core Work/Yoga/Weight Training/Rest

WEEK 3

**FEB 17 - 23**
MILEAGE: 15

| MON 2/17	TUES 2/18	WED 2/19	THURS 2/20	FRI 2/21	SAT 2/22	SUN 2/23
EASY PACE	HILL SPRINTS	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 3 miles @ Easy Pace	1) Run 1 mile warmup 2) Run 8-12 x 10 Second Hill Sprints 3) Run 1 mile cooldown	Cross Training/Core Work/Yoga/Weight Training/Rest	1) Run 4 miles @ Easy Pace	Cross Training/Core Work/Yoga/Weight Training/Rest	1) Run 4 miles @ Easy Pace	Cross Training/Core Work/Yoga/Weight Training/Rest

Questions? Comments? Please contact us **RunGRInfo@gmail.com**

live . train . run
RunGR

RIVER BANK RUN
10K TRAINING PLAN

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

Amway
RIVER BANK RUN

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							

COACH SAYS

Goal: Deal with Adversity and the unexpected

RunGR.com

RunGR App

Questions? Comments? Please contact us **RunGRInfo@gmail.com**

RIVER BANK RUN
10K TRAINING PLAN

live . train . run
RunGR

Amway
RIVER BANK RUN

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

WEEK 4
FEB 24 - MARCH 2
MILEAGE: 16

	MON 2/24	TUES 2/25	WED 2/26	THURS 2/27	FRI 2/28	SAT 3/1	SUN 3/2
	EASY PACE	FARTLEKS	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
	1) Run 4 miles @ Easy Pace	1) Run 2 miles warmup 2) Run 8-10 x 2:00 on/1:00 off Fartleks 3) Run 2 mile cooldown	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 4 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	ARBR Community Run 1) Run 4 miles @ Easy **TRAINING RUN**	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 5
MARCH 3 - 9
MILEAGE: 18

	MON 3/3	TUES 3/4	WED 3/5	THURS 3/6	FRI 3/7	SAT 3/8	SUN 3/9
	EASY PACE	TEMPO	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
	1) Run 4 miles @ Easy Pace	1) Run 1 mile warmup 2) Run 3 x 1 Mile @ Tempo Pace, 1:00 Recovery 3) Run 1 mile cooldown	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 4 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 5 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 6
MARCH 10 - 16
MILEAGE: 18

	MON 3/10	TUES 3/11	WED 3/12	THU 3/13	FRI 3/14	SAT 3/15	SUN 3/16
	EASY PACE	RACE PACE	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
	1) Run 4 miles @ Easy Pace	1) Run 1 mile warmup 2) Run 8 x 400 @ 5k Race Pace, 1:00 Recovery 3) Run 1 mile cooldown **PERRIN TRAINING RUN**	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 5 miles @ Easy Pace	Cross Training/Core Work/Yoga/ Weight Training/Rest	RUNGR Community Run 1) Run 5 miles @ Easy **COMMUNITY RUN**	Cross Training/Core Work/Yoga/ Weight Training/Rest

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

live . train . run
RunGR

Amway
RIVER BANK RUN

live . train . run
RunGR

RIVER BANK RUN
10K TRAINING PLAN

Amway
RIVER BANK RUN

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

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							

COACH SAYS

Find Consistency Amidst Chaos

RunGR.com   RunGR App

Questions? Comments? Please contact us **RunGRInfo@gmail.com**

live . train . run
RunGR

RIVER BANK RUN
10K TRAINING PLAN

Amway
RIVER BANK RUN

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

WEEK 7

MARCH 17 - 23
MILEAGE: 20

MON 3/17	TUES 3/18	WED 3/19	THURS 3/20	FRI 3/21	SAT 3/22	SUN 3/23
EASY PACE	TEMPO	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 5 miles @ Easy Pace	1) Run 1 mile warmup 2) Run 4 x 1 Mile @ Tempo Pace, 1:00 Recovery 3) Run 1 mile cooldown	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 4 miles @ Easy Pace	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 5 miles @ Easy Pace	Cross Training/Core Work/Yoga/ Weight Training/Rest

WEEK 8

MARCH 24 - 30
MILEAGE: 22

| MON 3/24	TUES 3/25	WED 3/26	THURS 3/27	FRI 3/28	SAT 3/29	SUN 3/30
EASY PACE	5K RACE PACE	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 5 miles @ Easy Pace	1) Run 1 mile warmup 2) Run 6 x 800 @ 5k Race Pace, 2:00 Recovery 3) Run 1 mile cooldown	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 5 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 9

MAR 31 - APRIL 6
MILEAGE: 21

MON 3/31	TUES 4/1	WED 4/2	THU 4/3	FRI 4/4	SAT 4/5	SUN 4/6
EASY PACE	TEMPO	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 5 miles @ Easy Pace	1) Run 1 mile warmup 2) Run 3 Miles @ Tempo Pace 3) Run 1 mile cooldown	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 5 miles @ Easy Pace	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 6 miles @ Easy Pace Amway RIVER BANK RUN **TRAINING RUN**	Cross Training/Core Work/Yoga/ Weight Training/Rest

live . train . run

RunGR

RIVER BANK RUN
10K TRAINING PLAN

Amway
RIVER BANK RUN

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

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							

COACH SAYS

Change is inevitable, growth is optional...

RunGR.com

RunGR App

Questions? Comments? Please contact us **RunGRInfo@gmail.com**

RIVER BANK RUN
10K TRAINING PLAN

live . train . run
RunGR

Amway
RIVER BANK RUN

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

WEEK 10

APRIL 7 - 13
MILEAGE: 22

MON 4/7	TUES 4/8	WED 4/9	THURS 4/10	FRI 4/11	SAT 4/12	SUN 4/13
EASY PACE	10K RACE PACE	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 5 miles @ Easy Pace	1) Run 1 mile warmup 2) Run 3 x 1600 @ 10k Race Pace, 1:00 Recovery 3) Run 2 mile cooldown	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 5 miles @ Easy Pace	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 7 miles @ Easy Pace	Cross Training/Core Work/Yoga/ Weight Training/Rest
	PERRIN TRAINING RUN					

WEEK 11

APRIL 14 - 20
MILEAGE: 23

| MON 4/14	TUES 4/15	WED 4/16	THURS 4/17	FRI 4/18	SAT 4/19	SUN 4/20
EASY PACE + STRIDES	TEMPO	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 5 miles @ Easy Pace 2) Strides	1) Run 1 mile warmup 2) Run 4 Miles @ Tempo Pace 3) Run 1 mile cooldown	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 5 miles @ Easy Pace	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 7 miles @ Easy Pace	Cross Training/Core Work/Yoga/ Weight Training/Rest
					RunGR COMMUNITY RUN	

WEEK 12

APRIL 21 - 27
MILEAGE: 24

MON 4/21	TUES 4/22	WED 4/23	THU 4/24	FRI 4/24	SAT 4/25	SUN 4/26
EASY PACE	SPEED	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 5 miles @ Easy Pace	1) Run 1 mile warmup 2) Run 2 Miles @ 10K Race Pace, Run 1 Mile @ 5K Pace, Run 800 @ 2 Mile Race Pace, Run 400 at 1 Mile Race Pace, 1:00 Recovery 3) Run 1 mile cooldown	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 5 miles @ Easy Pace	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 8 miles @ Easy Pace	Cross Training/Core Work/Yoga/ Weight Training/Rest

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

live . train . run
RunGR | Amway **RIVER BANK RUN**

live . train . run

RunGR

RIVER BANK RUN
10K TRAINING PLAN

Amway
RIVER BANK RUN

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

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							

COACH SAYS

Sleep and nutrition are key to repair and growth

RunGR.com   RunGR App

RunGR
live . train . run

RIVER BANK RUN
10K TRAINING PLAN

Amway
RIVER BANK RUN

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

WEEK 13

APRIL 28 - MAY 4
MILEAGE: 21

|	MON 4/28	TUES 4/29	WED 4/30	THURS 5/1	FRI 5/2	SAT 5/3	SUN 5/4
	EASY PACE	TEMPO	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
	1) Run 4 miles @ Easy Pace	1) Run 1 mile warmup 2) Run 5 Miles @ Tempo Pace 3) Run 1 mile cooldown	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 4 miles @ Easy Pace	Cross Training/Core Work/Yoga/ Weight Training/Rest	1ARBR Community Run 1) Run 6 miles @ Easy **TRAINING RUN**	Cross Training/Core Work/Yoga/ Weight Training/Rest

WEEK 14

MAY 5 - 11
MILEAGE: 16

	MON 5/5	TUES 5/6	WED 5/7	THURS 5/8	FRI 5/9	SAT 5/10	SUN 5/11
	EASY PACE	10K RACE PACE	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
	1) Run 3 miles @ Easy Pace	1) Run 1 mile warmup 2) Run 2 Miles @ Goal 10K Race Pace 3) Run 2 mile cooldown	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 3 miles @ Easy Pace	Cross Training/Core Work/Yoga/ Weight Training/Rest	River Bank Run 10K	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

live . train . run
RunGR

Amway
RIVER BANK RUN

live . train . run
RunGR

RIVER BANK RUN
10K TRAINING PLAN

Amway
RIVER BANK RUN

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

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							

RACE WEEK!!!

YOU GOT THIS

COACH SAYS

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

RunGR.com   RunGR App

Questions? Comments? Please contact us **RunGRInfo@gmail.com**

live . train . run

RunGR

Amway
RIVER BANK RUN