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Amway
RIVER BANK RUN

RIVER BANK RUN

RIVER BANK RUN
5K 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

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WEEK 1

FEB 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
EASY PACE + STRIDES	HILL SPRINTS	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6-8 x 10 Second Hill Sprints 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	1) Run 4 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 2

FEB 24 - MARCH 2
MILEAGE: 21

MON 2/24	TUES 2/25	WED 2/26	THURS 2/27	FRI 2/28	SAT 3/1	SUN 3/2
EASY PACE + STRIDES	TEMPO	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6 x 800 @ Tempo Pace with 1:00 Recovery 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	Run 1) Run 6 miles with first 4 easy and the final 2 at fast finish TRAINING RUN	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 3

MARCH 3 - 9
MILEAGE: 20

MON 3/3	TUES 3/4	WED 3/5	THURS 3/6	FRI 3/7	SAT 3/8	SUN 3/9
EASY PACE + STRIDES	HILL SPRINTS	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 8-10 x 10 Second Hill Sprints 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	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
- = EASY RUN
- = HILL SPRINT
- → = LONG RUN
- ⇒ = LONG RUN + FAST FINISH
- = RACE
- = REST
- = S&M
- = 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							

COACH SAYS

Goal: Deal with Adversity and the unexpected

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WEEK 4
MARCH 10 - 16
MILEAGE: 24

MON 3/10	TUES 3/11	WED 3/12	THURS 3/13	FRI 3/14	SAT 3/15	SUN 3/16
EASY PACE + STRIDES	TEMPO	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 8 x 800 @ Tempo Pace 3) Run 2 mile cooldown **PERRIN TRAINING RUN**	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles with first 3 easy and final 3 at fast finish **RunGR** **COMMUNITY RUN**	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 5
MARCH 17 - 23
MILEAGE: 26 - 28

MON 3/17	TUES 3/18	WED 3/19	THURS 3/20	FRI 3/21	SAT 3/22	SUN 3/23
EASY PACE + STRIDES	RACE PACE	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 3 x 800 @ 5k Pace (2:00 Recovery), 400 @ Mile Pace (4:00 Recovery) 3) Run 2 mile cooldown	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 6
MARCH 24 - 30
MILEAGE: 23

MON 3/24	TUES 3/25	WED 3/26	THU 3/27	FRI 3/28	SAT 3/29	SUN 3/30
EASY PACE + STRIDES	RACE PACE	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) 8 x 400 @ 5k RP (1:00 Recovery) 3) Run 2 mile cooldown	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 6 miles with first 2 easy and final 4 at fast finish 2) Static Stretching	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

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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							

COACH SAYS

Find Consistency Amidst Chaos

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WEEK 7

MAR 31 - APRIL 6
MILEAGE: 24 - 26

	MON 3/31	TUES 4/1	WED 4/2	THURS 4/3	FRI 4/4	SAT 4/5	SUN 4/6
	EASY PACE + STRIDES	MILE PACE	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 3 x 1200 @ 5k Pace (2:00 Recovery), 300 @ Mile Pace (4:00 Recovery) 3) Run 2 mile cooldown	Cross Training/Core Work/Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/Core Work/Yoga/Weight Training/Rest	1) Run 8 miles @ Easy Pace **TRAINING RUN**	Cross Training/Core Work/Yoga/Weight Training/Rest

WEEK 8

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
	EASY PACE + STRIDES	5K RACE PACE	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6x800 @ 5k RP (1:00 Recovery) 3) Run 2 mile cooldown **PERRIN TRAINING RUN**	Cross Training/Core Work/Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/Core Work/Yoga/Weight Training/Rest	1) Run 8 miles with first 6 easy and final 2 at fast finish	Cross Training/Core Work/Yoga/Weight Training/Rest

WEEK 9

APRIL 14 - 20
MILEAGE: 24 - 26

	MON 4/14	TUES 4/15	WED 4/16	THU 4/17	FRI 4/18	SAT 4/19	SUN 4/20
	EASY PACE + STRIDES	5K RACE PACE	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 3 x 1600 @ 5k Pace (2:00 Recovery), 200 @ Mile Pace (4:00 Recovery) 3) Run 2 mile cooldown	Cross Training/Core Work/Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	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
- = EASY RUN
- = HILL SPRINT
- → = LONG RUN
- ⇒ = LONG RUN + FAST FINISH
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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							

COACH SAYS

Change is inevitable, growth is optional...

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WEEK 10

APRIL 21 - 27
MILEAGE: 24

	MON 4/21	TUES 4/22	WED 4/23	THURS 4/24	FRI 4/25	SAT 4/26	SUN 4/27
	EASY PACE + STRIDES	MILE PACE	REST DAY	EASY PACE	REST DAY	LONG RUN	REST DAY
	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6-8 x 400 @ Mile RP (2:00 Recovery) 3) Run 2 mile cooldown	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Run 8 miles with first 4 easy and final 4 at fast finish 2) Static Stretching	Cross Training/Core Work/Yoga/ Weight Training/Rest

WEEK 11

APRIL 28 - MAY 4
MILEAGE: 23

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

WEEK 12

MAY 5 - 11
MILEAGE: 19

	MON 5/5	TUES 5/6	WED 5/7	THU 5/8	FRI 5/9	SAT 5/10	SUN 5/11
	EASY PACE + STRIDES	SPEED	REST DAY	EASY PACE	REST DAY	RACE DAY	REST DAY
	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) 8-12 x 200 @ Mile Race Pace (2:00 Recovery) 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	River Bank 5K	Cross Training/Core Work/Yoga/ Weight Training/Rest

INTENSITY OF LOAD

- = REST
- = EASY
- = MEDIUM
- = HIGH

ICON LEGEND

- = CROSS TRAIN
- = EASY RUN
- = HILL SPRINT
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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							

COACH SAYS

Sleep and nutrition are key to repair and growth

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