



RIVER BANK RUN BEGINNER 5K TRAINING PLAN 2025

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

















5K BEGINNER PLAN



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

WEEK 1

FEB 17- 23

MON 2/17	TUES 2/18	WED 2/19	THURS 2/20	FRI 2/21	SAT 2/22	SUN 2/23
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN/WALK	REST DAY
	Ø.	X	E	X	Ø.	X
1) Walk 20 Minutes	1) 8 x Run 1:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Walk 22 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) 10 x Run 1:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK **2**

FEB 24 - MARCH 2

MON 2/24	TUES 2/25	WED 2/26	THURS 2/27	FRI 2/28	SAT 3/1	SUN 3/2
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN/WALK	REST DAY
	Ø.	X		X	E	X
1) Walk 22 Minutes	1) 8 x Run 1:30/Walk 2:00	Cross Training/Core Work/Yoga/ Weight Train- ing/Rest	1) Walk 24 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	ARBR Community Run 1) 10 x Run 1:30/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest

3 WEEK

MARCH	3	-	9	

MON 3/3	TUES 3/4	WED 3/5	THURS 3/6	FRI 3/7	SAT 3/8	SUN 3/9
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN/WALK	REST DAY
	E	X	D	X	(L)	SE.
1) Walk 24 Minutes	1) 8 x Run 2:00/Walk 2:00	Cross Training/Core Work/Yoga/ Weight Train- ing/Rest	1) Walk 26 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) 10 x Run 2:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest

= REST = EASY = MEDIUM

= HIGH

INTENSITY OF LOAD

ICON LEGEND



= HILL SPRINT

 \Rightarrow = LONG RUN +

FAST FINISH

= RACE







TRAINING RUN







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

MONDAY

MONDAY

TUESDAY

TUESDAY

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

THURSDAY

THURSDAY

FRIDAY

FRIDAY

SATURDAY

SATURDAY

SUNDAY

SUNDAY

DISTANCE OR TIME

PACE

HEART RATE

WEATHER

HOW I FELT

WEDNESDAY

WEDNESDAY

	 	 	 3711 3112711	0027
DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				







RunGR App



RIVER BANK RUN **5K BEGINNER PLAN**



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

MARCH 10 - 16

MON 3/10 **TUES 3/11** WED 3/12 **THURS 3/13** FRI 3/14 **SAT 3/15 SUN 3/16**

WALK	WALK/RUN	REST DAY	WALK	REST DAY	WALK/RUN	REST DAY
		X	E	X	Ø.	X

1) Walk 26 Minutes

ARBR Perrin Training Run 1) 8 x Run 3:00/Walk 2:00

PERRIN TRAINING PERRIN RUN

Cross Training/ Core Work/ Yoga/Weight Training/Rest 1) Walk 28 Minutes

Cross Training/ Core Work/ Yoga/Weight Training/Rest **RUNGR** Community Run 1) 10 x Run 3:00/ Walk 2:00

Cross Training/ Core Work/ Yoga/Weight Training/Rest



MARCH 17 - 23

MON 3/17	TUES 3/18	WED 3/19	THURS 3/20	FRI 3/21	SAT 3/22	SUN 3/23
WALK	WALK/RUN	REST DAY	WALK	REST DAY	WALK/RUN	REST DAY
	E	X	E	X	Ø.	X
1) Walk 28 Minutes	1) 6 x Run 4:00/Walk 2:00	Cross Training/Core Work/Yoga/	1) Walk 30 Minutes	Cross Training/	1) 8 x Run 4:00/Walk 2:00	Cross Training/

Work/Yoga/ Weight Training/Rest

Work/Yoga/

Training/Rest

Weight

Core Work/ Yoga/Weight Training/Rest

2:00

Core Work/ Yoga/Weight Training/Rest

Work/Yoga/

Training/Rest

Weight

MARCH 24 - 30

MON 3/24	TUES 3/25	WED 3/26	THU 3/27	FRI 3/28	SAT 3/29	SUN 3/30
WALK	WALK/RUN	REST DAY	WALK	REST DAY	WALK/RUN	REST DAY
E	Ø.	X	E	X	Ø.	X
1) Walk 30 Minutes	1) 4 x Run 5:00/Walk	Cross Training/Core	1) Walk 32 Minutes	Cross Training/Core	1) 6 x Run 5:00/Walk	Cross Training/Core

INTENSITY OF LOAD



ICON LEGEND

2:00













Work/Yoga/

Training/Rest

Weight









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							

WEEK 5

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

WEEK 6

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

WEDNESDAY THURSDAY



MONDAY

TUESDAY



SATURDAY

FRIDAY



SUNDAY

RunGR App



RIVER BANK RUN 5K BEGINNER PLAN



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

MAR 31 - APRIL 6

MON 3/31	TUES 4/1	WED 4/2	THURS 4/3	FRI 4/4	SAT 4/5	SUN 4/6
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN/WALK	REST DAY
E	Ø.	X	E	X	Ø.	X
1) Walk 32 Minutes	1) 4 x Run 6:00/Walk 2:00	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Walk 34 Minutes	Cross Training/Core Work/Yoga/ Weight Training/Rest	ARBR Community Run 1) 6 x Run 6:00/ Walk 2:00	Cross Training/Core Work/Yoga/ Weight Training/Rest

APRIL 7 - 13

MON 4/7	TUES 4/8	WED 4/9	THURS 4/10	FRI 4/11	SAT 4/12	SUN 4/13
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN/WALK	REST DAY
	Ø.	X	E	X	Ø.	X
1) Walk 34 Minutes	ARBR Perrin Training Run 1) 3 x Run 8:00/Walk 2:00	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Walk 36 Minutes	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) 4 x Run 8:00/Walk 2:00	Cross Training/Core Work/Yoga/ Weight Training/Rest

APRIL 14 - 20

	2.00	manning/Rest		mailing/Rest		Halling/Rest
	PERRIN TRAINING PERRIN RUN					
MON 4/14	TUES 4/15	WED 4/16	THU 4/17	FRI 4/18	SAT 4/19	SUN 4/20
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN/WALK	REST DAY
	E	X		X	€£	X
1) Walk 36 Minutes	1) 3 x Run 10:00/Walk 1:00	Cross Training/Core Work/Yoga/ Weight	1) Walk 38 Minutes	Cross Training/Core Work/Yoga/ Weight	RUNGR Community Run 1) 3 x Run 12:00/	Cross Training/Core Work/Yoga/ Weight

INTENSITY OF LOAD

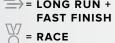


ICON LEGEND





Training/Rest



 \rightarrow = LONG RUN



Training/Rest





Walk 1:00

COMMUNITY **RUN**

RUN



Training/Rest



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							

WEEK 8

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

WEEK 9

DISTANCE OR TIME			
PACE			
HEART RATE			
WEATHER			
HOW I FELT			

THURSDAY

FRIDAY

WEDNESDAY



MONDAY

TUESDAY



SATURDAY



SUNDAY

RunGR App



5K BEGINNER PLAN



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

WEEK 10

APRIL 21 - 27

MON 4/21	TUES 4/22	WED 4/23	THURS 4/24	FRI 4/25	SAT 4/26	SUN 4/27
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN/WALK	REST DAY
E		X	Ø.	X	E	X
1) Walk 38 Minutes	1) 3 x Run 10:00/Walk 1:00	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Walk 40 Minutes	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) 3 x Run 12:00/Walk 1:00	Cross Training/Core Work/Yoga/ Weight Training/Rest

WEEK 11

APRIL 28 - MAY 4

MON 4/28	TUES 4/29	WED 4/30	THURS 5/1	FRI 5/2	SAT 5/3	SUN 5/4
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN	REST DAY
E	Ø.	X	(I)	X	Ø.	X
1) Walk 40 Minutes	1) 2 x Run 15:00/Walk 1:00	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Walk 36 Minutes	Cross Training/Core Work/Yoga/ Weight Training/Rest	ARBR Community Run 1) 1 x Run 20:00 TRAINING RUN	Cross Training/Core Work/Yoga/ Weight Training/Rest

12

MAY 5 - 11

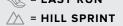
MON 5/5	TUES 5/6	WED 5/7	THU 5/8	FRI 5/9	SAT 5/10	SUN 5/11
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RACE DAY	REST DAY
E	Ø.	X		X	W Ö	X
1) Walk 30 Minutes	1) 2 x Run 12:00/Walk 1:00	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Walk 24 Minutes	Cross Training/Core Work/Yoga/ Weight Training/Rest	River Bank 5K	Cross Training/Core Work/Yoga/ Weight Training/Rest

INTENSITY OF LOAD



ICON LEGEND

















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

MONDAY

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

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

WEDNESDAY

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

THURSDAY

FRIDAY



Sleep and nutrition are key to repair and growth

TUESDAY



SATURDAY



SUNDAY

RunGR App



