



END OF FALL BASE PLAN

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



Dear friends of the RunGR,

We hope you find this fall base training plan helpful and effective as you come off your summer and early fall 2025 races and prepare for 2026. 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. We hope you also enjoy a local Turkey Trot and an end of year run, like the Reeds Lake Resolution Run, as you round out the year. Please be sure to check out the RunGR members website (rungr.com/members) for discounts to local races.

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 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 RunGR coaches, board, and members are here to provide you with all of these crucial elements as you train towards your goals. Whether it be finishing your first marathon in 2026, setting a PR in the 10K, taking part in your first 5k, or returning to run after some time off, we are here to support you.

We look forward to seeing your progress over the next couple of months and into the new year.

Please be on the lookout for event-specific plans to come out in early 2026.

See you out on the trail,

Jamie Nye

President - RunGR



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WEEK

1

NOVEMBER 3 - 9
MILEAGE: 22 - 32

MON 11/03	TUES 11/04	WED 11/05	THURS 11/06	FRI 11/07	SAT 11/08	SUN 11/09
EASY	HILL SPRINTS	EASY	EASY	CROSS TRAIN	EASY	REST
1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	1) Run 2 miles warmup 2) Run 6-10 x :30 Hill Sprints 3) Run 2 miles cooldown	1) Run 4-6 miles @ Easy Pace or Cross Training	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	Cross Training	1) Run 4-8 miles @ Easy Pace	Cross Training or Rest Day

WEEK

2

NOVEMBER 10-16
MILEAGE: 24 - 34

MON 11/10	TUES 11/11	WED 11/12	THURS 11/13	FRI 11/14	SAT 11/15	SUN 11/16
EASY	SPEED	EASY	EASY	CROSS TRSIN	EASY	REST
1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	1) Run 2 miles warmup 2) Run 8-12 x 1:00on/1:00 off Fartleks 3) Run 2 miles C/D	1) Run 4-6 miles @ Easy Pace or Cross Training	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	Cross Training	Run 1) Run 6-10miles @ Easy Pace	Cross Training or Rest Day

WEEK

3

NOV 17 - 23
MILEAGE: 24 - 34

MON 11/17	TUES 11/18	WED 11/19	THURS 11/20	FRI 11/21	SAT 11/22	SUN 11/23
EASY	MILE PACE	EASY	EASY	CROSS TRAIN	EASY	REST
1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	1) Run 2 miles warmup 2) Run 8-12 x 200 Meters @ Mile Pace with 1:00 Recovery 3) Run 2 miles cooldown	1) Run 4-6 miles @ Easy Pace or Cross Training	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	Cross Training	1) Run 6 - 10 miles @ Easy Pace	Cross Training or Rest Day

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

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WEEK 4

NOV 24 - 30

MILEAGE: 24 - 34

MON 11/24	TUES 11/25	WED 11/26	THURS 11/27	FRI 11/28	SAT 11/29	SUN 11/30
EASY	EASY	EASY	TURKEY TROT	CROSS TRAIN	EASY	REST
						
1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	1) Run 4-6 miles @ Easy Pace or Cross Training	Turkey Trot 	Cross Training	1) Run 6-10 miles @ Easy Pace	Cross Training or Rest Day

WEEK 5

DECEMBER 1 - 7

MILEAGE: 27 - 38

MON 12/01	TUES 12/02	WED 12/03	THU 12/04	FRI 12/05	SAT 12/06	SUN 12/07
EASY	TEMPO	EASY	EASY	EASY	EASY	REST
						
1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	1) Run 2 miles warmup 2) Run 3-4 x 1600m @ Tempo Pace with 1:00 Recovery 3) Run 2 miles cooldown	1) Run 4-6 miles @ Easy Pace or Cross Training	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	Cross Training	Amway River Bank Run Group Run 1) Run 8-12 miles @ Easy Pace 	Cross Training or Rest Day

WEEK 6

DECEMBER 8 - 14

MILEAGE: 26 - 36

MON 12/08	TUES 12/09	WED 12/10	THURS 12/11	FRI 12/12	SAT 12/13	SUN 12/14
EASY	RACE PACE	EASY	EASY	CROSS TRAIN	EASY	REST
						
1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	1) Run 2 miles warmup 2) Run 2-3 (400 @ 5k pace (1:00)/200 @ Mile Pace (2:00)/400 @ 5k (1:00)) 3) Run 2 miles cooldown	1) Run 4-6 miles @ Easy Pace or Cross Training	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	Cross Training	1) Run 8-12 miles @ Easy Pace	Cross Training or Rest Day

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

DECEMBER 15 - 21
MILEAGE: 26 - 38

MON 12/15	TUES 12/16	WED 12/17	THURS 12/18	FRI 12/19	SAT 12/20	SUN 12/21
EASY	TEMPO	EASY	EASY	CROSS TRAIN	EASY	REST
1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	1) Run 2 miles @ Easy Pace 2) Run 2-3x (1600 @ 5k (1:00)/200 @ Mile (3:00)) 3) Run 2 miles @ Easy Pace	1) Run 4-6 miles @ Easy Pace or Cross Training	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	Cross Training	RunGR Community Run 1) Run 8-12 miles @ Easy Pace 	Cross Training or Rest Day

WEEK 8

DECEMBER 22 - 28
MILEAGE: 24 - 35

MON 12/22	TUES 12/23	WED 12/24	THURS 12/25	FRI 12/26	SAT 12/27	SUN 12/28
EASY	MILE PACE	EASY	EASY	CROSS TRAIN	EASY	REST
1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	1) Run 2 miles @ Easy Pace 2) Run 6-10 x 400m @ Mile Pace (1:00) 3) Run 2 miles @ Easy Pace	1) Run 4-6 miles @ Easy Pace or Cross Training	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	Cross Training	1) Run 6-10 miles @ Easy Pace	Cross Training or Rest Day

WEEK 9

DEC 29 - JAN 4
MILEAGE: 27 - 37

MON 12/29	TUES 12/30	WED 12/31	THURS 1/01	FRI 1/02	SAT 1/03	SUN 1/04
EASY	EASY	RACE	EASY	CROSS TRAIN	EASY	REST
1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	Resolution Run 4 Miler 	1) Run 4-6 miles @ Easy Pace 2) Run 6 x 100m Strides	Cross Training	Amway RBR Community Run 1) Run 8-12 miles @ Easy Pace 	Cross Training or Rest Day

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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