



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 2026 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

Jamie Nye

President - RunGR

rungr.com



















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

**DEC 29-JAN 4** MILEAGE: 34

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	HILL SPRINTS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
	$\triangle$	Ø.	<b>€</b>	Ø.	$\rightarrow$	æ\ <b>%</b>
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	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace  Annoy RIVER BANK RUN  COMMUNITY RUN	Cross Training/ Core Work/ Yoga/Weight Training/Rest

JANUARY 5-11 **MILEAGE: 34-36** 

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	FARTLEKS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
<b>E</b>	=	Ø.	Ø.		$\rightarrow$	₩ **
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	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK

**JANUARY 12-18** MILEAGE: 36

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	HILL SPRINTS	EASY RUN + STRIDES	EASY RUN + STRIDES	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
<b>E</b>	$\triangle$	Ø.	Ø.	<b>€</b>	$\rightarrow$	₩ **
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	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 10 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

#### **INTENSITY OF LOAD**



#### **ICON LEGEND**



3) Run 2 mile

cooldown



= RACE













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**MONDAY** 

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
	PACE							
3	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

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

**THURSDAY** 

**FRIDAY** 

WEDNESDAY



Goal: Deal with Adversity and the unexpected

**TUESDAY** 



**SATURDAY** 



RunGR App



### <u>river bank run</u> HIGH MILEAGE PLAN



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**JANUARY 19-25 MILEAGE: 36-38** 

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	FARTLEKS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
Ø.	=0	Ø.	<b>E</b>	Ø.	$\Rightarrow$	₩ W
1) Run 6 miles	1) Run 2 miles	1) Run 4 miles	1) Run 6 miles	1) Run 4 miles	1) Run 10	Cross

@ Easy Pace 2) Strides

warmup 2) Run 6-8 x 2:30 on/1:30 off Fartleks 3) Run 2 mile cooldown

@ Easy Pace 2) Strides

@ Easy Pace

@ Easy Pace

miles with 2) Strides first 8 easy and final two at a fast **Finish** 

> 2) Static Stretching

Training/ Core Work/ Yoga/Weight Training/Rest

JAN 26-31 MILEAGE: 36

MON	TUES

WED

**THURS** 

FRI

SAT

SUN

EASY RUN + STRIDES	HILL SPRINTS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
AL.		A	AL.	A		-1 A

1) Run 6 miles

@ Easy Pace 2) Strides

warmup

cooldown

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2) Run 8-10 x **Hill Sprints** 3) Run 2 mile

1) Run 2 miles

1) Run 4 miles

@ Easy Pace 2) Strides

1) Run 6 miles

@ Easy Pace

1) Run 6 miles

@ Easy Pace 2) Strides

1) Run 8 miles

@ Easy Pace

**TRAINING** 

RUN

**FAST FINISH** 

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

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**FEBRUARY 1-8** MILEAGE: 42

MON	
ASY RUN	
STRIDES	

**TUES** 

WED

THU

**EASY RUN** 

1) Run 6 miles

@ Easy Pace

FRI

**EASY RUN** 

+ STRIDES

SAT

LONG RUN +

SUN CROSS

1) Run 6 miles

@ Easy Pace 2) Strides

**TEMPO** 

1) Run 2 miles

2) Run 4 x Mile

@ Tempo Pace,

1:00 Recovery

3) Run 2 mile

cooldown

warmup

+ STRIDES

1) Run 6 miles

@ Easy Pace

2) Strides

**EASY RUN** 

1) Run 4 miles

2) Strides

@ Easy Pace

1) Run 12

miles with first 8 easy and the final 4 at fast finish

TRAIN



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

#### INTENSITY OF LOAD

= REST = EASY

= MEDIUM = HIGH

**ICON LEGEND** 

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√
√
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= CROSS TRAIN

= EASY RUN /\ = HILL SPRINT  $\rightarrow$  = LONG RUN

⇒= LONG RUN + **FAST FINISH** = RACE

= REST

= S&M

= SPEED









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	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			

**THURSDAY** 

**FRIDAY** 

WEDNESDAY



**MONDAY** 

**TUESDAY** 



**SATURDAY** 



RunGR App



2) Strides



Core Work/

Yoga/Weight

Training/Rest

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2) Run 6 x

600/1000

Alternating

**Progressions** 

2) Strides

## WEEK

FEBRUARY 9-15 MILEAGE: 44

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
<b>€</b>	=0	Ø.		Ø.	$\rightarrow$	₩ **
1) Run 6 miles @ Easy Pace	1) Run 2 miles warmup	1) Run 6 miles @ Easy Pace	1) Run 6 miles @ Easy Pace	1) Run 6 miles @ Easy Pace	1) Run 10 miles @ Easy	Cross Training/

2) Strides

Pace

WFFK

8

EBRUARY	16-22
MILEAGE	: 44

### WEEK

9

FEB 23 - MAR 1 MILEAGE: 44

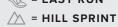
	3) Run 2 mile cooldown  PERRIN TRAINING					·
MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
	=	<b>E</b>	<b>E</b>	<b>E</b>	$\Longrightarrow$	₩ <b>%</b>
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6 x Mile @ Tempo Pace 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 12 miles with first 6 easy and final 6 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest
MON	TUES	WED	тни	FRI	SAT	SUN
EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
	=	<b>E</b>	<b>E</b>		$\rightarrow$	₩ ***
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	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 10 miles @ Easy Pace 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest

#### INTENSITY OF LOAD



#### ICON LEGEND











TRAINING RUN







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**MONDAY** 

**MONDAY** 

**TUESDAY** 

**TUESDAY** 

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

# WEEK 8

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

**THURSDAY** 

**THURSDAY** 

**FRIDAY** 

**FRIDAY** 

**SATURDAY** 

**SATURDAY** 

**SUNDAY** 

**SUNDAY** 

**WEDNESDAY** 

WEDNESDAY

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				







R.com RunGR App



### HIGH MILEAGE PLAN



Core Work/

Yoga/Weight

Training/Rest

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2) 12 x 400 @

3) Run 2 mile

cooldown

5k RP

2) Strides

# WEEK 10

@ Easy Page 2) Strides

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	RACE PACE	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
<b>€</b>	=0	Ø.		<b>E</b>	$\Rightarrow$	₩ ***
1) Run 6 miles @ Easy Pace	1) Run 2 miles warmup	1) Run 6 miles @ Easy Pace	1) Run 8 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 12 miles with	Cross Training/

2) Strides

first 4 easy

fast finish

2) Static Stretching

and final 8 at

MILEAGE: 44

MILLAGE. 44

WEEK

11

MARCH 9-15 MILEAGE: 48

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
<b>E</b>	=	Ø.	<b>€</b>	Ø.	$\rightarrow$	<i>ઍ</i> 🕱
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  PERRIN TRAINING PERRIN RUN	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 14 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

# **12**

MARCH 16-22 MILEAGE: 48

	PERRIN RUN					
MON	TUES	WED	THU	FRI	SAT	SUN
EASY RUN + STRIDES	RACE PACE	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
<b>E</b>	=0	Ø.	€£	<b>E</b>	$\Rightarrow$	₩ **
1) Run 6 miles @ Easy Pace	1) Run 2 miles warmup 2)	1) Run 6 miles @ Easy Pace	1) Run 8 miles @ Easy Pace	1) Run 4 miles @ Easy Pace	1) Run 14 miles with	Cross Training/

#### INTENSITY OF LOAD

2) Strides



#### **ICON LEGEND**



/\ = HILL SPRINT

Run 8x800 @

5k RP 3) Run

2 mile

cooldown

2) Strides





2) Strides



first 10 easy

fast finish



Core Work/

Training/Rest

and final 4 at Yoga/Weight





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**MONDAY** 

**MONDAY** 

**TUESDAY** 

**TUESDAY** 

7	

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

WEEK 11

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

**THURSDAY** 

**THURSDAY** 

**FRIDAY** 

**FRIDAY** 

**SATURDAY** 

**SATURDAY** 

**SUNDAY** 

**SUNDAY** 

WEDNESDAY

WEDNESDAY

**MEEK 12** 

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				



Sleep and nutrition are key to repair and growth





RunGR App





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# WEEK 13

MARCH 23-29 MILEAGE: 46

WEEK **14** 

MARCH 30-APRIL 5

MILEAGE: 48

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
	=0	<b>E</b>	<b>E</b>	(I	$\rightarrow$	₩ **
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6 x 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	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 12 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest
MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN						
+ STRIDES	MIXED INTERVALS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
			EASY RUN			
			1) Run 8 miles @ Easy Pace		FAST FINISH	

# WEEK **15**

APRIL 6-12 MILEAGE: 48

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
<b>E</b>	=0	<b>D</b>	Ø.		$\rightarrow$	₩ <b>%</b>
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	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 12 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

#### INTENSITY OF LOAD

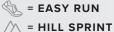


#### **ICON LEGEND**

cooldown



PERRIN TRAINING PERRIN RUN





 $\rightarrow$  = LONG RUN













**SATURDAY** 

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**MONDAY** 

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

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

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

**THURSDAY** 

**FRIDAY** 

WEDNESDAY



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

**TUESDAY** 





RunGR App





Training/

Core Work/

Yoga/Weight

Training/Rest

and final 8 at

fast finish

Stretching

2) Static

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miles warmup

3) Run 2 mile

2) Mixed

Intervals

cooldown

@ Easy Pace

2) Strides

@ Easy Pace

2) Strides

**APRIL 13-19** 

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	MIXED INTERVALS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
€£	=0	Ø.	€E	<b>E</b>	$\Rightarrow$	æ %
1) Run 6 miles @ Easy Pace	1) Run 2 miles warmup	1) Run 6 miles @ Easy Pace	1) Run 8 miles @ Easy Pace	1) Run 6 miles @ Easy Pace	1) Run 16 miles with first 8 easy	Cross Training/

@ Easy Pace

@ Easy Pace

2) Strides

MILEAGE: 50

**APRIL 20-26** MILEAGE: 42

**APR 27 - MAY 3** MILEAGE: 36

MON	TUES	WED	THU	FRI	SAT	SUN
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
<b>E</b>	=0	Ø.		<b>€</b>	$\rightarrow$	<i>ઍ</i> 🕱
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	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 12 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest
MON	TUES	WED	THU	FRI	SAT	SUN
EASY RUN + STRIDES	MIXED INTERVALS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
<b>E</b>	=0	Ø.		<b>O</b>	$\rightarrow$	₩ **
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Mixed Intervals 3) Run 2 mile cooldown 4) Static	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace  RIVER BANK RUN  TRAINING	Cross Training/ Core Work/ Yoga/Weight Training/Rest

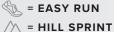
#### **INTENSITY OF LOAD**



#### **ICON LEGEND**

Stretching











**RUN** 







**SATURDAY** 

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

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

DISTANCE OR TIME			
PACE			
HEART RATE			
WEATHER			
HOW I FELT			

**THURSDAY** 

**FRIDAY** 

WEDNESDAY



**MONDAY** 

**TUESDAY** 





RunGR App





Training/Rest

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Pace, 1:00

Recovery
3) Run 2 mile cooldown

PERRIN TRAINING PERRIN RUN

WEEK

19

MAY 4-10 MILEAGE: 41

MON	TUES	WED	THURS	FRI	SAT	SUN	
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	RACE DAY	CROSS TRAIN	
<b>E</b>	=	Ø.		<b>E</b>	W O	₩ **	
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 4 x Mile @ Tempo	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 4 miles @ Easy Pace	1) Run 3 miles @ Easy Pace 2) Strides	River Bank Run 25K	Cross Training/ Core Work/ Yoga/Weight	





= HIGH

INTENSITY OF LOAD

#### ICON LEGEND



= EASY RUN

= HILL SPRINT



= RACE









Amway RIVER BANK RUN

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





Be proud of yourself and your accomplishments







