



RIVER BANK RUN

10K TRAINING PLAN 2026

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 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

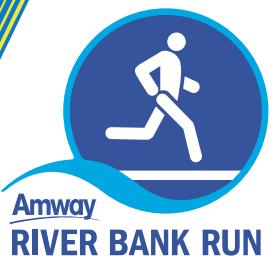
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WEEK 1

1

FEB 2- 8
MILEAGE: 13

MON	TUES	WED	THURS	FRI	SAT	SUN
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

2

FEB 9 - 15
MILEAGE: 14

MON	TUES	WED	THURS	FRI	SAT	SUN
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	Run 1) Run 4 miles @ Easy	Cross Training/Core Work/Yoga/Weight Training/Rest

WEEK 3

3

FEB 16 - 22
MILEAGE: 15

MON	TUES	WED	THURS	FRI	SAT	SUN
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

INTENSITY OF LOAD

	= REST
	= EASY
	= MEDIUM
	= HIGH

ICON LEGEND

	= CROSS TRAIN
	= EASY RUN
	= HILL SPRINT
→	= LONG RUN
≡	= LONG RUN + FAST FINISH
	= RACE



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



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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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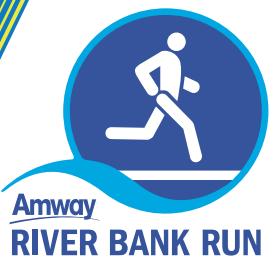
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WEEK

4

FEB 23 - MARCH 1
MILEAGE: 16

MON	TUES	WED	THURS	FRI	SAT	SUN
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

WEEK

5

MARCH 2 - 8
MILEAGE: 18

MON	TUES	WED	THURS	FRI	SAT	SUN
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 9 - 15
MILEAGE: 18

MON	TUES	WED	THU	FRI	SAT	SUN
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)
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

Run 1) Run 5 miles @ Easy

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

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





RIVER BANK RUN 10K TRAINING PLAN

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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

MARCH 16 - 22
MILEAGE: 20

MON	TUES	WED	THURS	FRI	SAT	SUN
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 23 - 29
MILEAGE: 22

MON	TUES	WED	THURS	FRI	SAT	SUN
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 30 - APRIL 5
MILEAGE: 21

MON	TUES	WED	THU	FRI	SAT	SUN
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

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



TRAINING RUN

INTENSITY OF LOAD

= REST
= EASY
= MEDIUM
= HIGH

ICON LEGEND

= CROSS TRAIN	= LONG RUN
= EASY RUN	= LONG RUN + FAST FINISH
= HILL SPRINT	= RACE





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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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WEEK 10

APRIL 6 - 12
MILEAGE: 22

MON	TUES	WED	THURS	FRI	SAT	SUN
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

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 13 - 19
MILEAGE: 23

MON	TUES	WED	THURS	FRI	SAT	SUN
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

WEEK 12

APRIL 20 - 26
MILEAGE: 24

MON	TUES	WED	THU	FRI	SAT	SUN
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
	= RACE

→ = LONG RUN

⇒ = LONG RUN + FAST FINISH





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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							



***Sleep and nutrition are
key to repair and growth***



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WEEK 13

APRIL 27 - MAY 3
MILEAGE: 21

MON	TUES	WED	THURS	FRI	SAT	SUN
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

ARBR Community Run 1) Run 6 miles @ Easy

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

WEEK 14

MAY 4 - 10
MILEAGE: 16

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY PACE	10K RACE PACE	REST DAY	EASY PACE	REST DAY	RACE DAY	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





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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							



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



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