



**RIVER BANK RUN**

# BEGINNER 5K 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](http://amwayriverbankrun.com)

**Jamie Nye**

President - RunGR

[rungr.com](http://rungr.com)



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## WEEK

# 1

MON	TUES	WED	THURS	FRI	SAT	SUN
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN/WALK	REST DAY
						
1) Walk 20 Minutes	1) 8 x Run 1:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest	Walk 22 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	10 x Run 1:00/ Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest

## WEEK

# 2

MON	TUES	WED	THURS	FRI	SAT	SUN
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN/WALK	REST DAY
						
1) Walk 22 Minutes	1) 8 x Run 1:30/Walk 2:00	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Walk 24 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	10 x Run 1:30/ Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest

## WEEK

# 3

MON	TUES	WED	THURS	FRI	SAT	SUN
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN/WALK	REST DAY
						
1) Walk 24 Minutes	1) 8 x Run 2:00/Walk 2:00	Cross Training/Core Work/Yoga/ Weight Training/Rest	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

### 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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RunGR App

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## WEEK 4

MON	TUES	WED	THURS	FRI	SAT	SUN
WALK	WALK/RUN	REST DAY	WALK	REST DAY	WALK/RUN	REST DAY
						
1) Walk 26 Minutes	1) 8 x Run 3:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Walk 28 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) 10 x Run 3:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest



## WEEK 5

MON	TUES	WED	THURS	FRI	SAT	SUN
WALK	WALK/RUN	REST DAY	WALK	REST DAY	WALK/RUN	REST DAY
						
1) Walk 28 Minutes	1) 6 x Run 5:00/Walk 2:00	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Walk 30 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) 8 x Run 4:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest

## WEEK 6

MON	TUES	WED	THU	FRI	SAT	SUN
WALK	WALK/RUN	REST DAY	WALK	REST DAY	WALK/RUN	REST DAY
						
1) Walk 30 Minutes	1) 6 x Run 6:00/Walk 2:00	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) Walk 32 Minutes	Cross Training/Core Work/Yoga/ Weight Training/Rest	1) 6 x Run 5:00/Walk 2:00	Cross Training/Core Work/Yoga/ Weight Training/Rest

### INTENSITY OF LOAD

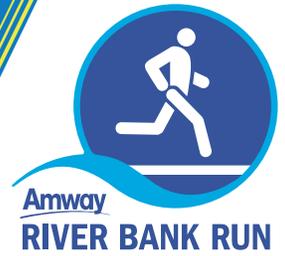
	= REST
	= EASY
	= MEDIUM
	= HIGH

### ICON LEGEND

	= CROSS TRAIN		= LONG RUN		= REST
	= EASY RUN		= LONG RUN + FAST FINISH		= S&M
	= HILL SPRINT		= RACE		= SPEED WORK



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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

MON	TUES	WED	THURS	FRI	SAT	SUN
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN/WALK	REST DAY
						
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	1) 6 x Run 6:00/Walk 2:00	Cross Training/Core Work/Yoga/Weight Training/Rest

## WEEK 8

MON	TUES	WED	THURS	FRI	SAT	SUN
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN/WALK	REST DAY
						
1) Walk 34 Minutes	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

## WEEK 9

MON	TUES	WED	THU	FRI	SAT	SUN
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN/WALK	REST DAY
						
1) Walk 36 Minutes	1) 3 x Run 10:00/Walk 1:00	Cross Training/Core Work/Yoga/Weight Training/Rest	1) Walk 38 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

### INTENSITY OF LOAD

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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

MON	TUES	WED	THURS	FRI	SAT	SUN
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN/WALK	REST DAY
						
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

MON	TUES	WED	THURS	FRI	SAT	SUN
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RUN	REST DAY
						
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	1) 1 x Run 20:00	Cross Training/Core Work/Yoga/Weight Training/Rest

## WEEK 12

MON	TUES	WED	THU	FRI	SAT	SUN
WALK	RUN/WALK	REST DAY	WALK	REST DAY	RACE DAY	REST DAY
						
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	Rest Day	RBR 5K	Cross Training/Core Work/Yoga/Weight Training/Rest

### INTENSITY OF LOAD

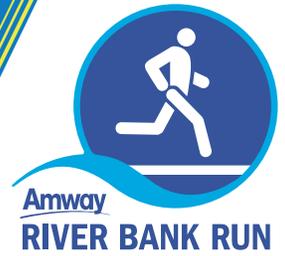
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## WEEK 10

	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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