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LMCU Bridge Run
Brian Diemer Family of Races | 2025

TRAINING PLAN

2025 LMCU BRIDGE RUN

10 MILE TRAINING PLAN

2025 LMCU BRIDGE RUN
TRAINING PLAN

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LMCU Bridge Run
Brian Diemer Family of Races | 2025

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

WEEK 1
JULY 7 - 13
MILEAGE: 28

MON 7/7	TUES 7/8	WED 7/9	THURS 7/10	FRI 7/11	SAT 7/12	SUN 7/13
EASY RUN + STRIDES	HILL SPRINTS	EASY RUN + STRIDES	MAGIC OF THE MILE	CROSS TRAIN	LONG RUN	CROSS TRAIN
1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 8-10 x 10 Second Hill Sprints 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	MAGIC OF THE MILE	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 8 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 2
JULY 14 - 20
MILEAGE: 34

MON 7/14	TUE 7/15	WED 7/16	THURS 7/17	FRI 7/18	SAT 7/19	SUN 7/20
TEMPO	EASY RUN + STRIDES	XC TEAM CHALLENGE	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
1) Run 2 miles warmup 2) Run 3 x Mile @ Tempo Pace 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	CROSS COUNTRY TEAM CHALLENGE	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles with first 3 easy and final 3 at fast finish	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 3
JULY 21 - 27
MILEAGE: 30-32

MON 7/21	TUE 7/22	WED 7/23	THURS 7/24	FRI 7/25	SAT 7/26	SUN 7/27
EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 4-6 x 600/1000 Alternating Progressions 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 8 miles @ Easy Pace 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest

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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							

COACH SAYS

Goal: Deal with Adversity and the unexpected

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WEEK 4
JULY 28 - AUG 3
MILEAGE: 29

MON 7/28	TUES 7/29	WED 7/30	THURS 7/31	FRI 8/1	SAT 8/2	SUN 8/3
EASY RUN + STRIDES	RACE PACE	EASY RUN + STRIDES	EASY RUN + STRIDES	EASY RUN + STRIDES	LONG RUN + FAST FINISH	CROSS TRAIN
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) 8 x 400 @ 5k RP 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace 2) Strides	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles with first 2 easy and final 4 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 5
AUG 4 - 10
MILEAGE: 34 - 36

MON 8/4	TUE 8/5	WED 8/6	THURS 8/7	FRI 8/8	SAT 8/9	SUN 8/10
EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 4-6 x 800/800 Alternating Progressions 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 10 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 6
AUG 11 - 17
MILEAGE: 33

MON 8/11	TUE 8/12	WED 8/13	THURS 8/14	FRI 8/15	SAT 8/16	SUN 8/17
EASY RUN + STRIDES	RACE PACE	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6x800 @ 5k RP 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 8 miles with first 6 easy and final 2 at fast finish	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
- = REST
- = S&M
- = 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							

COACH SAYS

Find Consistency Amidst Chaos

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WEEK 7
AUG 18 - 24
MILEAGE: 36 - 38

	MON 8/18	TUES 8/19	WED 8/20	THURS 8/21	FRI 8/22	SAT 8/23	SUN 8/24
	EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	EASY RUN + STRIDES	LONG RUN	CROSS TRAIN
	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 4-6 x 1000/600 Alternating Progressions 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 10 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 8
AUG 25 - 31
MILEAGE: 32

	MON 8/25	TUE 8/26	WED 8/27	THURS 8/28	FRI 8/29	SAT 8/30	SUN 8/31
	EASY RUN + STRIDES	MIXED INTERVALS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Mixed Intervals 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 8 miles with first 4 easy and final 4 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 9
SEPT 1 - 7
MILEAGE: 30

	MON 9/1	TUE 9/2	WED 9/3	THURS 9/4	FRI 9/5	SAT 9/6	SUN 9/7
	EASY RUN + STRIDES	TEMPO	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	EASY RUN	CROSS TRAIN
	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 4 Miles @ Tempo Pace 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 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
- → = LONG RUN
- ⇒ = LONG RUN + FAST FINISH
- = RACE
- = REST
- = S&M
- = 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							

COACH SAYS

Change is inevitable, growth is optional...

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WEEK 10

SEPT 8 - 14
MILEAGE: 37

	MON 9/8	TUES 9/9	WED 9/10	THURS 9/11	FRI 9/12	SAT 9/13	SUN 9/14
	EASY RUN + STRIDES	MIXED INTERVALS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	RACE DAY
	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Mixed Intervals 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 4 miles @ Easy Pace	Rest Day	1) Run 3 miles @ Easy Pace	BRIDGE RUN 10 MILER

RACE WEEK!!!

INTENSITY OF LOAD

- = REST
- = EASY
- = MEDIUM
- = HIGH

ICON LEGEND

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

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WEEK 10

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

RACE WEEK!!!

COACH SAYS

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