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LMCU Bridge Run
Brian Diemer Family of Races | 2025

TRAINING PLAN

2025 LMCU BRIDGE RUN
5K TRAINING PLAN

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

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5K TRAINING PLAN

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WEEK 1

AUG 4 - 10
MILEAGE: 24-26

MON 8/4	TUE 8/5	WED 8/6	THURS 8/7	FRI 8/8	SAT 8/9	SUN 8/10
EASY RUN + STRIDES	RACE PACE	CROSS TRAIN	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warm-up 2) Run 3 x 1200 @ 5k Pace (2:00 Recovery), 300 @ Mile Pace (4:00 Recovery) 3) Run 2 mile cooldown	Cross Training/ Core Work/ Yoga/Weight Training/Rest	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

WEEK 2

AUG 11 - 17
MILEAGE: 25

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	CROSS TRAIN	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6x800 @ 5k RP 3) Run 2 mile cooldown	Cross Training/ Core Work/ Yoga/Weight Training/Rest	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

WEEK 3

AUG 18 - 24
MILEAGE: 24-26

| MON 8/18	TUES 8/19	WED 8/20	THURS 8/21	FRI 8/22	SAT 8/23	SUN 8/24
EASY RUN + STRIDES	RACE PACE	CROSS TRAIN	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warm-up 2) Run 3 x 1600 @ 5k Pace (2:00 Recovery), 200 @ Mile Pace (4:00 Recovery) 3) Run 2 mile cooldown	Cross Training/ Core Work/ Yoga/Weight Training/Rest	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 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

Find Consistency Amidst Chaos

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

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WEEK 4
AUG 25 - 31
MILEAGE: 24

	MON 8/25	TUE 8/26	WED 8/27	THURS 8/28	FRI 8/29	SAT 8/30	SUN 8/31
	EASY RUN + STRIDES	RACE PACE	CROSS TRAIN	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 6-8 x 400 @ Mile RP (2:00 Recovery) 3) Run 2 mile cooldown	Cross Training/ Core Work/ Yoga/Weight Training/Rest	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 5
SEPT 1 - 7
MILEAGE: 23

	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	CROSS TRAIN	EASY RUN	CROSS TRAIN	EASY RUN	CROSS TRAIN
	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 3 Miles @ Tempo Pace 3) Run 2 mile cooldown	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 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 6
SEPT 8 - 14
MILEAGE: 24

	MON 9/8	TUES 9/9	WED 9/10	THURS 9/11	FRI 9/12	SAT 9/13	SUN 9/14
	EASY RUN + STRIDES	RACE PACE	CROSS TRAIN	EASY RUN	CROSS TRAIN	LONG RUN	RACE DAY
	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) 8-12 x 200 @ Mile Race Pace (2:00 Recovery) 3) Run 2 mile cooldown	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 4 miles @ Easy Pace	Rest Day	1) Run 3 miles @ Easy Pace	BRIDGE RUN 5K

INTENSITY OF LOAD

- = REST (grey)
- = EASY (light blue)
- = MEDIUM (dark blue)
- = HIGH (red)

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

Change is inevitable, growth is optional...

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