May 12 2018

25K Training Schedule

The Fifth Third River Bank Run will take place in downtown Grand Rapids, MI on Saturday, May 12, featuring the largest 25K road race in the country, the USA 25K Open Championship and 25K wheelchair/handcycle divisions. Other events include the 25K Relay, 10K presented by Amway, 5K Run presented by Dematic, 5K Community Walk and the *FREE* Fifth Third Junior (ages 5-12) presented by Blue Care Network on Wednesday, May 9 at Wyoming High School.

Begin your training for the 25K now for the event of a lifetime! Use this schedule to guide you toward the finish line, but feel free to adapt it for your own personal training style. Check out the free training events for helpful information and networking toward success on the second Saturday of May. Connect online for more resources – area training groups, blogs and more to take you every step of the way.

For more information, visit: www.53riverbankrun.com

8a – 1st Saturday of the month at David D Hunting YMCA (475 Lake Michigan Drive)

6p – 2nd Tuesday of the month Perrin "No Problems" Training Run (5910 Comstock Park Drive NW)

6p - Last Wednesday of the month Hills and Hops Training Run (John Ball Park-south entrance)

N: 25K training program for the novice runner

M: 25K training program for the runner with some experience

E: 25K training program for the experienced runner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 November N: Off or 1 mile run easy M:Rest E:Off or 3-4 mile run easy	27 N: 20 min run M:1 mile run easy E:3 mile run	28 N: 1 min run/1 min walk for 18 minutes M:20 min run E:3.5 mile run	29 N: 1 mile run or walk M:Rest E:3 mile run	30 N: 20 minute walk M:2 mile run E:1 mile warm up/1 mile tempo/1 mile cool down	1 December N: 1 mile run easy M:1 mile run/1 min walk for 20 minutes E:3 mile run easy	2 N: 2 mile run M:2 mile run E:5 mile run
3 N: Off or 1 mile run easy M:Rest E:Off or 3-4 mile run easy	4 N: 20 min run M:1 mile run easy E:3 mile run	5 N: 1 min run/1 min walk for 18 minutes M:20 min run E:3.5 mile run	6 N: 1 mile run or walk M:Rest E:3 mile run	7 N: 20 minute walk M:2 mile run E:1 mile warm up/1 mile tempo/1 mile cool down	8 N: 1 mile run easy M:1 mile run/1 min walk for 20 minutes E:3 mile run easy	9 N: 2 mile run M:2 mile run E:5 mile run
10 N: Off or 1 mile run easy M:Rest E:Off or 3-4 mile run easy	11 N: 20 min run M:1 mile run E:3 mile run	12 N: 1 min run/1 min walk for 20 minutes M:20 min run E:4 mile run	13 N: 1 mile run or walk M:Rest E:3 mile run	14 N: 20 minute walk M:2 mile run E:2 mile run/3x for 2 min @ RP/5 min run between/1 mile cool down	15 N: 1 mile run easy M:Rest E:3 mile run easy	16 N: 2 mile run M:2.5 mile run E:5 mile run
17 N: Off or 1 mile run easy M:Rest E:Off or 3-4 mile run easy	18 N: 2.5 mile run M:2 mile run E:3 mile run	19 N: 5 min run/5 min walk/5 min run M:5 min run/5 min walk x3 sets E:5 mile run	20 N: 1 mile run M:Rest E:3 mile run	21 N: 22 minute walk M:2 mile run E:1 mile warm up/1.5 mile tempo/1 mile cool down	22 N: 1 mile run easy M:2.5 mile run E:3 mile run easy	23 N: 2.5 mile run M:rest E:6 mile run
24 N: Off or 1 mile run easy M:3 mile run E:Off or 3-4 mile run easy	25 N: 2 mile run M:Rest E:4 mile run steady	26 N: 5 min run/2.5 min walk/7.5 min run M:2.5 mile run E:5 mile run	27 N: 5 min run/2.5 min walk/7.5 min run M:2 mile run E:4 mile run	28 N: 25 minute walk M:Rest E:3 mile run/3x for 3 min @ RP/1 mile cool down	29 N: 1 mile run easy M:3 mile run E:3 mile run easy	30 N: 2.5 mile run M:rest E:6 mile run

May 12 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 December N: Off or 1 mile run easy M:4 mile run E:Off or 3-4 mile run easy	1 January N: 2 mile run M:Rest E:4 mile run steady	2 N: 1 min run/1 min walk for 25 min M:2 mile run E:3 mile run	3 N: 1.5 mile run M:2.5 mile run E:4 mile run	4 N: 25 minute walk M:Rest E:1 mile warm up/2 mile tempo/1 mile cool down	5 N: 1 mile run easy M:3.5 mile run E:3 mile run easy	6 N: 3 mile run M:Rest E:7 mile run
7 N: Off or 1 mile run M:4 mile run E:Off or 3-4 mile run easy	8 N: 2 mile run M:Rest E:4 mile run	9 N: 1 min run/1 min walk for 30 min M:3 mile run E:5 mile run	10 N: 1.5 mile run M:2.5 mile run E:3 mile run	11 N: 30 minute walk M:Rest E:2 mile run/3x for 5 min @ RP/5 min run in between/1 mile cool down	12 N:1.5 mile run M:3 mile run E:3 mile run	13 N: 3 mile run M:Rest E:8 mile run
14 N: Off or 1 mile run M:4.5 mile run E:Off or 3-4 mile run easy	15 N: 2 mile run M:Rest E:4 mile run	16 N: 10 min run/5 min walk/10 min run M:2.5 mile run E:5 mile run	17 N: 1 mile run M:3 mile run E:3 mile run	18 N: 30 minute walk M:Rest E:1 mile warm up/3 mile @ tempo/1 mile cool down	19 N:1.5 mile run M:3.5 mile run E:3 mile run	20 N: 4 mile run M:Rest E:9 mile run
21 N: Off or 1 - 1.5 mile run M:5 mile run E:Off or 3-4 mile run easy	22 N: 30 min run easy M:Rest E:6 mile run	23 N: 1 mile run/5 min walk/10 min run M:3 mile run E:3 mile run steady	24 N: 2 mile run M:2.5 mile run E:5 mile run easy	25 N: 40 minute walk M:Rest E:1 mile warm up/3x for 7 min @ RP/4 min run between/1 mile cool down	26 N:2 mile run M:3 mile run E:3 mile run easy	27 N: 5 mile run M:Rest E:9 mile run
28 N: Off or 1 to 2 mile run M:5 mile run E:Off or 3-4 mile run	29 N: 30 min run easy M:Rest E:3 mile run steady	30 N: 1 mile run/30 min walk M:2.5 mile run E:5 mile run easy	31 N: 2 mile run M:3 mile run E:3 mile run steady	1 February N: 2 mile run M:Rest E:1 mile warm up/3 mile @ tempo/1 mile cool down	2 N:1.5 mile run/30 min walk M:3.5 mile run E:3 mile run easy	3 N: 6 mile run M:Rest E:10 mile run
4 N: Off or 1 - 2 mile run M:6 mile run E:Off or 3-4 mile run	5 N: 35 min run easy M:Rest E:6 mile run	6 N: 2.5 mile run M:3 mile run E:4 mile run steady	7 N: 45 min run M:2.5 mile run E:5 mile run steady	8 N: 2.5 mile run M:Rest E:2 mile warm up/4x for 5 min @ RP/3 min run between/1 mile cool down	9 N:1 mile run/20 min walk M:3.5 mile run E:3 mile run easy	10 N: 6 mile run M:Rest E:10 mile run
11 N: Off or 1 - 3 mile run M:6 mile run E:Off or 3-4 mile run	12 N: 35 min run easy M:Rest E:6 mile run	13 N: 3 mile run M:3 mile run E:4 mile run steady	14 N: 1 mile run/20 min walk M:4 mile run E:6 mile run easy	15 N: 3 mile run M:Rest E:2 mile warm up/3 mile @ tempo/2 mile cool down	16 N:45 min run M:3 mile run E:3 mile run easy	17 N: 7 mile run M:Rest E:11 mile run
18 N: Off or 1 - 3 mile run M:7 mile run E:Off or 3-4 mile run	19 N: 40 min run easy M:Rest E:5 mile run steady	20 N: 45 minute walk M:2 mile run E:4 mile run easy	21 N: 2.5 mile run M:3 mile run E:5 mile run easy	22 N: 3 mile run M:Rest E:5 mile run, miles 1,3,5 easy/miles 2,4 @ RP	23 N:2 mile run/20 min walk M:3 mile run E:4 mile run easy	24 N: 7 mile run M:Rest E:9 mile run

May 12 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 February N: Off or 1 - 3 mile run M:7 mile run E:Off or 3-4 mile run	26 N: 40 min run easy M:Rest E:6 mile run steady	27 N: 3 mile run M:2.5 mile run E:5 mile run	28 N: 3 mile run M:3 mile run E:1 mile warm up/3x for 8 min @ RP/3 min run between/2 mile cool down	1 March N: 45 min walk M:Rest E:4 mile run easy	2 N:4 mile run M:3.5 mile run E:5 mile run easy	3 N: 8 mile run M:Rest E:11 mile run
4 N: Off or 2 - 3 mile run M:8 mile run E:Off or 3-4 mile run	5 N: 50 min run easy M:Rest E:5 mile run	6 N: 3 mile run M:3 mile run E:5 mile run	7 N: 45 minute walk M:2.5 mile run E:2 mile warm up/3 mile @ tempo/2 mile cool down	8 N: 2 mile run M:Rest E:7 mile run easy	9 N:4 mile run M:3.5 mile run E:4 mile run easy	10 N: 8 mile run M:Rest E:12 mile run
11 N: Off or 2 -3 mile run M:8 mile run E:Off or 3-5 mile run	12 N: 5 mile run M:Rest E:7 mile run	13 N: 2 mile run M:3 mile run E:5 mile run easy	14 N: 45 minute walk M:3 mile run E:2 mile warm up/3x 10 min @ RP/4 min run between/1 mile cool down	15 N: 3 mile run M:Rest E:6 mile run easy	16 N:3 mile run M:3 mile run E:5 mile run	17 N: 9 mile run M:Rest E:12 mile run
18 N: Off or 2 - 3 mile run M:9 mile run E:Off or 3-5 mile run	19 N: 3 mile run M:Rest E:5 mile run	20 N: 2 mile run M:2 mile run E:5 mile run steady	21 N: 30 minute walk M:4 mile run E:2 mile warm up/10x for 3 min @ RP/3 min run between/2 mile cool down	22 N: 3 mile run M:Rest E:6 mile run steady	23 N:4 mile run M:3 mile run E:5 mile run easy	24 N: 10 mile run M:Rest E:12 mile run
25 N: Off or 2 - 3 mile run M:10 mile run E:Off or 4-5 mile run	26 N: 5 mile run M:Rest E:6 mile run steady	27 N: 3 mile run M:3 mile run E:6 mile run easy	28 N: 45 minute walk M:5 mile run E:2 mile warm up/30 min @ tempo/1 mile cool down	29 N: 4 mile run M:Rest E:5 mile run	30 N:3 mile run M:3 mile run E:5 mile run easy	31 N: 11 mile run M:Rest E:13 mile run
1 April N: Off or 2 - 4 mile run M:11 mile run E:Off or 4-5 mile run	2 N: 4 mile run M:Rest E:6 mile run	3 N: 3 mile run M:4 mile run E:7 mile run easy	4 N: 45 minute walk M:6 mile run E:2 mile warm up/5x for 5 min @ 5K RP/3 min run between/2 mile cool down	5 N: 6 mile run M:Rest E:5 mile run	6 N:5 mile run M:3 mile run E:5 mile run easy	7 N: 12 mile run M:Rest E:15 mile run
8 N: Off or 2 - 4 mile run M:12 mile run E:Off or 4-5 mile run	9 N: 4 mile run M:Rest E:6 mile run	10 N: 2 mile run/10 min walk/2 mile run M:3 mile run E:5 mile run steady	11 N: 45 minute walk M:5 mile run E:2 mile warm up/8x for 3 min @ 5K RP/3 min run between/2 mile cool down	12 N: 5 mile run M:Rest E:7 mile run easy	13 N:3 mile run M:3 mile run E:5 mile run easy	14 N: 14 mile run M:Rest E:11 mile run
15 N: Off M:14 mile run E:Off or 4-5 mile run	16 N: 3 mile run M:Rest E:7 mile run	17 N: 2 mile run/10 min walk/2 mile run M:3 mile run E:6 mile run easy	18 N: 45 minute walk M:5 mile run E:2 mile warm up/3 mile @ tempo/2 mile cool down	19 N: 5 mile run M:Rest E:7 mile run	20 N:5 mile run M:4 mile run E:6 mile run easy	21 N: 12 mile run M:Rest E:12 mile run
22 N: Off or 3-4 mile run M:12 mile run E:Off or 4-5 mile run	23 N: 4 mile run M:Rest E:8 mile run	24 N: 3 mile run M:4 mile run E:4 mile run steady	25 N: 45 minute walk M:5 mile run E:2 mile warm up/3x for 1 mile @ RP/4 min run between/1 mile cool down	26 N: 5 mile run M:Rest E:6 mile run easy	27 N:5 mile run M:3 mile run E:5 mile run easy	28 N: 11 mile run M:11 mile run E:13 mile run

May 12 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
N: Off M:Rest E:Off or 4-5 mile run	N: 3 mile run M:3 Mile run E:7 mile run steady	N: 5 mile run M:5 mile run E:6 mile run steady	N: 45 minute walk M:Rest E:2 mile warm up/4x for 90 sec @ RP/3 min run between/1 mile cool down	N: 2 mile run/10 min walk/2 mile run M:5 mile run E:5 mile run	N:4 mile run M:3 mile run E:6 mile run easy	N: 8-10 mile run M:10 mile run E: 9-11 mile run
6	7	8	9	10	11	12
N: Off or 2 mile run M:Rest E:Off or 4-5 mile run	N: 3 mile run M:3 Mile run E:4 mile run steady	N: 4 mile run M:4 mile run E:5 mile run	N: Off or 1-2 mile run M:Rest E:2 mile warm up/1 mile @ RP/1 mile cool down	N: 3 mile run M:3 mile run E:3 mile run	N:2 mile run easy M:2 mile run easy E:2 mile run easy	

Before undertaking a training schedule, please read the following: Fifth Third River Bank Run and Greg Meyer disclaim any liability to persons who undertake this training program. These schedules are for runners who have no current physical or heath problems.

It is recommended that runners be examined by a qualified physician before beginning one of these schedules or other programs of strenuous exercise. Greg Meyer feels that a person who completes one of these programs should be able to complete the Fifth Third River Bank Run 25K. Neither Fifth Third River Bank Run or Greg Meyer claim that these programs are correct for any particular person. It is your responsibility to determine that you are fit enough to undertake one of these programs and monitor its effect on your health.

If you cannot physically complete the first four weeks of your event's schedule, you should re-evaluate whether you should compete in that event. Before you begin training, buy a good pair of running shoes from experts at Gazelle Sports who know how to fit running shoes. Carefully stretch your muscles before and after each workout, and drink appropriate amounts of water before, during and after each workout.

Below is a chart of pace per mile and resulting 25K finish times. Please note: the 25K course is open for 3.5 hours. After that point, participants will be moved to the sidewalk as the course is open to vehicular traffic.

25K Pace per mile and Resulting 25K Time - must complete 25K in 3.5 hours for official results													
6:00	1:33:10	7:00	1:48:40	9:00	2:19:40	10:00	2:35:20	11:00	2:50:30	12:00	3:06:00	13:00	3:21:30
6:10	1:35:45	7:10	1:51:15	9:10	2:22:15	10:10	2:37:35	11:10	2:53:05	12:10	3:08:35	13:10	3:24:05
6:20	1:38:20	7:20	1:53:50	9:20	2:24:50	10:20	2:40:10	11:20	2:55:40	12:20	3:11:10	13:20	3:26:40
6:30	1:40:55	7:30	1:56:25	9:30	2:27:55	10:30	2:43:03	11:30	2:58:15	12:30	3:13:45	13:30	3:29:15
6:40	1:43:30	7:40	1:59:00	9:40	2:30:00	10:40	2:45:38	11:40	3:00:50	12:40	3:16:20	13:35	3:30:33
6:50	1:46:05	7:50	2:01:35	9:50	2:32:35	10:50	2:47:55	11:50	3:03:25	12:50	3:18:55		

Remember to warm up and stretch before your workout as well as cool down after your workout.

Benefits of Training:
Easy Pace: Improves body's ability to transport blood and oxygen
Tempo Pace: Improves the lactate threshold
Interval Pace: Increases aerobic capacity (VO2 Max)
Race Pace: Improves speed and economy
Hill Training: Develops leg strength and power

Easy: This is a recovery run. If you're really tired, you may even decide to take this day off. Easy days are planned recovery days, which are essential to staying injury free.

Hill Training: Run up the hill(s) hard and jog down easy. Plan 10-15 minutes of actual running uphill during your training.

Race Pace (RP): This should be based on your goal pace for your Fifth Third River Bank Run event. Your race pace should be a realistic goal, challenging but achievable.

Steady: This is used at the end of some long runs. You may incorporate other "steady" efforts on your general run days. Steady means you're moving along, not really at "tempo" or race pace, but a steady effort.

Tempo Run: This is just above your present 10K race pace. For example, if your 10K pace is 7 minutes per mile, your "tempo" pace would be somewhere in the range of 7:30-7:45 per mile. A key test is the "talk test". If you can still talk, although uncomfortable, you're probably okay. If you're running so hard you can't talk at all, you're running too fast.