

2024 Trinity Health Seaway Run -- 10K Plan

This plan assumes you can run at least 3 miles at an easy pace. Highlighted in blue are community runs. See green definitions of terms at the bottom of this plan.

Week 1	Monday 4/8	Tuesday 4/9	Wednesday 4/10	Thursday 4/11	Friday 4/12	Saturday 4/13	Sunday 4/14
April 8-14	Easy Run	Cross Train or Rest Day	Hill Work	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
12-13 miles	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 4x hill repeats // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Run 2-3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 4 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Cross Training / Core Work / Weight Training / Rest Day
Week 2	Monday 4/15	Tuesday 4/16	Wednesday 4/17	Thursday 4/18	Friday 4/19	Saturday 4/20	Sunday 4/21
April 15-21	Easy Run	Cross Train or Rest Day	Speed Work	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
11-12 miles	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // .5 mile tough, .5 mile easy, .5 mile tough // .5 mile cooldown (Run Muskegon meets @ 6:30pm!)	Run 2-3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 3	Monday 4/22	Tuesday 4/23	Wednesday 4/24	Thursday 4/25	Friday 4/26	Saturday 4/27	Sunday 4/28
April 22-28	Easy Run	Cross Train or Rest Day	Fartlek	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
13-14 miles	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 4x .25 tough, .25 easy // 1 mile cooldown (4 miles total) (Run Muskegon meets at 6:30pm!)	Run 2-3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 4 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 4	Monday 4/29	Tuesday 4/30	Wednesday 5/1	Thursday 5/2	Friday 5/3	Saturday 5/4	Sunday 5/5
April 29-May 5	Easy Run	Cross Train or Rest Day	Race Pace	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
13 miles	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 1 mile Race Pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 4 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Cross Training / Core Work / Weight Training / Rest Day
Week 5	Monday 5/6	Tuesday 5/7	Wednesday 5/8	Thursday 5/9	Friday 5/10	Saturday 5/11	Sunday 5/12
May 6-12	Easy Run	Cross Train or Rest Day	Speed Work	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
13-14 miles	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 1-2 miles tough // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 4 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 6	Monday 5/13	Tuesday 5/14	Wednesday 5/15	Thursday 5/16	Friday 5/17	Saturday 5/18	Sunday 5/19
May 13-19	Easy Run	Cross Train or Rest Day	Race Pace	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
15 miles	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 2 miles Race Pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 5 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 7	Monday 5/20	Tuesday 5/21	Wednesday 5/22	Thursday 5/23	Friday 5/24	Saturday 5/25	Sunday 5/26
May 20-26	Easy Run	Cross Train or Rest Day	Tempo Run	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
14-16 miles	Run 3-4 miles @ Easy pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 2 miles tempo pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 4-5 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day

Week 8	Monday 5/27	Tuesday 5/28	Wednesday 5/29	Thursday 5/30	Friday 5/31	Saturday 6/1	Sunday 6/2
May 27-June 2 16 miles	Easy Run Run 4 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Speed Work 1 mile warm up // 2x .5 mile tough, .5 mile easy // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)	Easy Run Run 3 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run Run 5 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 9	Monday 6/3	Tuesday 6/4	Wednesday 6/5	Thursday 6/6	Friday 6/7	Saturday 6/8	Sunday 6/9
June 3-9 16-17 miles	Easy Run Run 4-5 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Tempo Run 1 mile warm up // 2 miles tempo pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Easy Run Run 3 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run, Fast Finish Run 5 miles @ Easy Pace // Run 2 miles tough	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 10	Monday 6/10	Tuesday 6/11	Wednesday 6/12	Thursday 6/13	Friday 6/14	Saturday 6/15	Sunday 6/16
June 10-16 17-19 miles	Easy Run Run 4 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Tempo Run 1 mile warm up // 2-3 miles race pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Easy Run Run 4 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run, Fast Finish Run 3 miles @ Easy Pace // Run 2 miles tough	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 11	Monday 6/17	Tuesday 6/18	Wednesday 6/19	Thursday 6/20	Friday 6/21	Saturday 6/22	Sunday 6/23
June 17-23 15 miles	Easy Run Run 4 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Race Pace 1 mile warm up // 2 miles Race Pace // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)	Easy Run Run 4 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run Run 3 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 12	Monday 6/24	Tuesday 6/25	Wednesday 6/26	Thursday 6/27	Friday 6/28	Saturday 6/29	Sunday 6/16
June 24-30 14.1 miles	Easy Run Run 3 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Race Pace 1 mile warm up // 1 mile Race Pace // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Shakeout Run Run 2 miles @ Easy Pace	Trinity Health Seaway Run! Line up with a pacer, or go your own way and have a great race!	Relax Day! Drink a good, refreshing beverage! You've earned it!
DEFINITIONS - a statement of the exact meaning of a word	Easy Pace - Slow enough that you speak in full sentences and hold a conversation with someone.	Tempo Run - Ideally 1 minute faster than your anticipated Race Pace, could also be seen as "Tough"	Race Pace - The speed you plan to run throughout the duration of the race.	Hill Repeat - Run uphill at a hard effort for 30 seconds, then jog back down.	Cross Training - An exercise outside of running (ie: cycling, swimming, yoga, weight training)	Tough - An effort that makes you a little uncomfortable with the pace, could also be seen as "Tempo"	Fartlek - Literally "speed play" in Swedish, just varying the tempo of your run between faster efforts and recovery periods.