

2024 Trinity Health Seaway Run -- Half Marathon Plan

****This plan assumes you can run at least 6 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 2/26	Tuesday 2/27	Wednesday 2/28	Thursday 2/29	Friday 3/1	Saturday 3/2	Sunday 3/3
Feb 26- March 3 17-21 miles	Easy Run Run 5 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Speed Work 1 mile warm up // 1 mile tough // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Easy Run Run 3-5 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run Run 6-8 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 2 March 4-10 18-22 miles	Monday 3/4 Easy Run Run 5 miles @ Easy Pace	Tuesday 3/5 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 3/6 Hill Work 1 mile warm up // 4x hill repeats // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Thursday 3/7 Easy Run Run 3-5 miles @ Easy Pace	Friday 3/8 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 3/9 Long Run Run 7-9 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am!)	Sunday 3/10 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 3 March 11-17 22-26 miles	Monday 3/11 Easy Run Run 6 miles @ Easy Pace	Tuesday 3/12 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 3/13 Speed Work 1 mile warm up // 2 miles tough // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Thursday 3/14 Easy Run Run 4-6 miles @ Easy Pace	Friday 3/15 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 3/16 Run Muskegon Shamrock Shuffle Race 3.1 as Tempo or faster	Sunday 3/17 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 4 March 18-24 21-25 miles	Monday 3/18 Easy Run Run 5 miles @ Easy Pace	Tuesday 3/19 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 3/20 Hill Work 1 mile warm up // 6x hill repeats // 1 mile cooldown (Run Muskegon meets at 6:30pm)	Thursday 3/21 Easy Run Run 3-5 miles @ Easy Pace	Friday 3/22 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 3/23 Long Run Run 9-11 miles @ Easy Pace	Sunday 3/24 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 5 March 25-31 24-28 miles	Monday 3/25 Easy Run Run 6 miles @ Easy Pace	Tuesday 3/26 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 3/27 Speed Work 1 mile warm up // 2 miles tough // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Thursday 3/28 Easy Run Run 4-6 miles @ Easy Pace	Friday 3/29 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 3/30 Long Run Run 8-10 miles @ Easy Pace	Sunday 3/31 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 6 April 1-7 24-27 miles	Monday 4/1 Easy Run (No Joke!) Run 6 miles @ Easy Pace	Tuesday 4/2 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 4/3 Fartlek 1 mile warm up // 2x .5 on, .5 off Fartlek // 1 mile cooldown (4 miles total)	Thursday 4/4 Easy Run Run 5-6 miles @ Easy Pace	Friday 4/5 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 4/6 Long Run Run 9 miles @ Easy Pace	Sunday 4/7 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 7 April 8-14 23-24 miles	Monday 4/8 Easy Run Run 6 miles @ Easy Pace	Tuesday 4/9 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 4/10 Hill Work 1 mile warm up // 10x hill repeats // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Thursday 4/11 Easy Run Run 5-6 miles @ Easy Pace	Friday 4/12 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 4/13 Long Run Run 8 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Sunday 4/14 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 8 April 15-21 26-28 miles	Monday 4/15 Easy Run Run 7 miles @ Easy Pace	Tuesday 4/16 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 4/17 Speed Work 1 mile warm up // 2-3 miles tough // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)	Thursday 4/18 Easy Run Run 6-7 miles @ Easy Pace	Friday 4/19 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 4/20 Long Run Run 9 miles @ Easy Pace	Sunday 4/21 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day

Week 9	Monday 4/22	Tuesday 4/23	Wednesday 4/24	Thursday 4/25	Friday 4/26	Saturday 4/27	Sunday 4/28
April 22-28 29-30 miles	Easy Run Run 7 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Fartlek 1 mile warm up // 8-12x .25 on, .25 off // 1 mile cooldown (4-5 miles total) (Run Muskegon meets at 6:30pm!)	Easy Run Run 7 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run Run 11 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 10	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 26 miles	Easy Run Run 6 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 at 6:30pm!)	Easy Run Run 6 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run Run 10 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 11	Monday 5/6	Tuesday 5/7	Wednesday 5/8	Thursday 5/9	Friday 5/10	Saturday 5/11	Sunday 5/12
May 6-12 29-30 miles	Easy Run Run 7 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Speed Work 1 mile warm up // 2-3 miles tough // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)	Easy Run Run 7 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run Run 11 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 12	Monday 5/13	Tuesday 5/14	Wednesday 5/15	Thursday 5/16	Friday 5/17	Saturday 5/18	Sunday 5/19
May 13-19 27 miles	Easy Run Run 6 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Race Pace 1 mile warm up // 3 miles Race Pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Easy Run Run 6 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run Run 10 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 13	Monday 5/20	Tuesday 5/21	Wednesday 5/22	Thursday 5/23	Friday 5/24	Saturday 5/25	Sunday 5/26
May 20-26 28 miles	Easy Run Run 6 miles @ Easy pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Tempo Run 1 mile warm up // 3 miles tempo pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Easy Run Run 6 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run Run 11 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 14	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 30-31 miles	Easy Run Run 7 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Speed Work 1 mile warm up // 2-3 miles tough // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)	Easy Run Run 7 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run Run 12 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 15	Monday 6/3	Tuesday 6/4	Wednesday 6/5	Thursday 6/6	Friday 6/7	Saturday 6/8	Sunday 6/9
June 3-9 32 miles	Easy Run Run 8 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Tempo Run 1 mile warm up // 3 miles tempo pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Easy Run Run 7 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run, Fast Finish Run 10 miles @ Easy Pace // Run 2 miles tough	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 16	Monday 6/10	Tuesday 6/11	Wednesday 6/12	Thursday 6/13	Friday 6/14	Saturday 6/15	Sunday 6/16
June 10-16 31 miles	Easy Run Run 8 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 7 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run, Fast Finish Run 10 miles @ Easy Pace // Run 2 miles tough	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day

Week 17	Monday 6/17	Tuesday 6/18	Wednesday 6/19	Thursday 6/20	Friday 6/21	Saturday 6/22	Sunday 6/23
June 17-23	Easy Run	Cross Train or Rest Day	Race Pace	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
22 miles	Run 7 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 @ 6:30pm!)	Run 5 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 6 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 18	Monday 6/24	Tuesday 6/25	Wednesday 6/26	Thursday 6/27	Friday 6/28	Saturday 6/29	Sunday 6/30
June 24-30	Easy Run	Cross Train or Rest Day	Race Pace	Cross Train or Rest Day	Shakeout Run	Trinity Health Seaway Run!	Relax Day!
25.1 miles	Run 6 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 @ 6:30pm!)	Cross Training / Core Work / Weight Training / Rest Day	Run 3 miles @ Easy Pace	Line up with a pacer, or go your own way and have a great race!	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.