

## 2024 Trinity Health Seaway Run -- 5K Get Movin'! Plan

**\*\*This plan assumes you can walk at least 30 minutes at an easy pace. Highlighted in blue are community outings. See green definitions at the bottom of this plan.\*\***

**\*\*If you've never completed a 5K before, this is the plan for you! If you're looking to lower your 5K time, check out our "Seasoned Runner" plan.\*\***

Week 1	Monday 4/22	Tuesday 4/23	Wednesday 4/24	Thursday 4/25	Friday 4/26	Saturday 4/27	Sunday 4/28
<b>April 22-28</b> <b>118 minutes</b>	<b>Easy Day</b> Walk 30 minutes @ Easy Pace	<b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day	<b>Intervals</b> Repeat 4x: walk 5 minutes, jog 2 minutes (Run Muskegon meets at 6:30pm!)	<b>Easy Day</b> Walk 30 minutes @ Easy Pace	<b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day	<b>Long Day</b> Walk/Jog 30 minutes @ Easy Pace	<b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day
<b>Week 2</b> <b>April 29-May 5</b> <b>127 minutes</b>	<b>Monday 4/29</b> <b>Easy Day</b> Walk 30 minutes @ Easy Pace	<b>Tuesday 4/30</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day	<b>Wednesday 5/1</b> <b>Intervals</b> Repeat 4x: walk 5 minutes, jog 3 minutes (Run Muskegon meets @ 6:30pm)	<b>Thursday 5/2</b> <b>Easy Day</b> Walk 30 minutes @ Easy Pace	<b>Friday 5/3</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day	<b>Saturday 5/4</b> <b>Long Day</b> Walk/Jog 35 minutes @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	<b>Sunday 5/5</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day
<b>Week 3</b> <b>May 6-12</b> <b>118 minutes</b>	<b>Monday 5/6</b> <b>Easy Day</b> Walk 30 minutes @ Easy Pace	<b>Tuesday 5/7</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day	<b>Wednesday 5/8</b> <b>Intervals</b> Repeat 4x: walk 4 minutes, jog 3 minutes (Run Muskegon meets @ 6:30pm)	<b>Thursday 5/9</b> <b>Easy Day</b> Walk 30 minutes @ Easy Pace	<b>Friday 5/10</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day	<b>Saturday 5/11</b> <b>Long Day</b> Walk/Jog 30 minutes @ Easy Pace	<b>Sunday 5/12</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day
<b>Week 4</b> <b>May 13-19</b> <b>135 minutes</b>	<b>Monday 5/13</b> <b>Easy Day</b> Walk 35 minutes @ Easy Pace	<b>Tuesday 5/14</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day	<b>Wednesday 5/15</b> <b>Intervals</b> Repeat 5x: walk 3 minutes, jog 3 minutes (Run Muskegon meets at 6:30pm!)	<b>Thursday 5/16</b> <b>Easy Day</b> Walk 35 minutes @ Easy Pace	<b>Friday 5/17</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day	<b>Saturday 5/18</b> <b>Long Day</b> Walk/Jog 35 miles @ Easy Pace	<b>Sunday 5/19</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day
<b>Week 5</b> <b>May 20-26</b> <b>135 minutes</b>	<b>Monday 5/20</b> <b>Easy Day</b> Walk/Jog 35 minutes @ Easy Pace	<b>Tuesday 5/21</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day	<b>Wednesday 5/22</b> <b>Intervals</b> Repeat 5x: walk 3 minutes, jog 3 minutes (Run Muskegon meets @ 6:30pm)	<b>Thursday 5/23</b> <b>Easy Day</b> Walk 35 minutes @ Easy Pace	<b>Friday 5/24</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day	<b>Saturday 5/25</b> <b>Long Day</b> Walk/Jog 35 minutes @ Easy Pace	<b>Sunday 5/26</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day
<b>Week 6</b> <b>May 27-June 2</b> <b>138 minutes</b>	<b>Monday 5/27</b> <b>Easy Day</b> Walk/Jog 35 minutes @ Easy Pace	<b>Tuesday 5/28</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day	<b>Wednesday 5/29</b> <b>Intervals</b> Repeat 4x: walk 3 minutes, jog 4 minutes (Run Muskegon meets @ 6:30pm)	<b>Thursday 5/30</b> <b>Easy Day</b> Walk/Jog 35 miles @ Easy Pace	<b>Friday 5/31</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day	<b>Saturday 6/1</b> <b>Long Day</b> Walk/Jog 40 minutes @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	<b>Sunday 6/2</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day
<b>Week 7</b> <b>June 3-9</b> <b>147 minutes</b>	<b>Monday 6/3</b> <b>Easy Day</b> Walk/Jog 40 minutes @ Easy Pace	<b>Tuesday 6/4</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day	<b>Wednesday 6/5</b> <b>Intervals</b> Repeat 4x: walk 4 minutes, jog 4 minutes (Run Muskegon meets @ 6:30pm)	<b>Thursday 6/6</b> <b>Easy Day</b> Walk/Jog 35 minutes @ Easy Pace	<b>Friday 6/7</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day	<b>Saturday 6/8</b> <b>Long Day</b> Walk/Jog 40 minutes @ Easy Pace	<b>Sunday 6/9</b> <b>Cross Train or Rest Day</b> Cross Training / Core Work / Weight Training / Rest Day

<b>Week 8</b>	<b>Monday 6/10</b>	<b>Tuesday 6/11</b>	<b>Wednesday 6/12</b>	<b>Thursday 6/13</b>	<b>Friday 6/14</b>	<b>Saturday 6/15</b>	<b>Sunday 6/16</b>
<b>June 10-16</b>	<b>Easy Day</b>	<b>Cross Train or Rest Day</b>	<b>Intervals</b>	<b>Easy Day</b>	<b>Cross Train or Rest Day</b>	<b>Long Day</b>	<b>Cross Train or Rest Day</b>
<b>151 minutes</b>	Walk/Jog 40 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Repeat 4x: walk 4 minutes, jog 5 minutes (Run Muskegon meets @ 6:30pm)	Walk/Jog 35 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Walk/Jog 40 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
<b>Week 9</b>	<b>Monday 6/17</b>	<b>Tuesday 6/18</b>	<b>Wednesday 6/19</b>	<b>Thursday 6/20</b>	<b>Friday 6/21</b>	<b>Saturday 6/22</b>	<b>Sunday 6/23</b>
<b>June 17-23</b>	<b>Easy Day</b>	<b>Cross Train or Rest Day</b>	<b>Intervals</b>	<b>Easy Day</b>	<b>Cross Train or Rest Day</b>	<b>Long Day</b>	<b>Cross Train or Rest Day</b>
<b>132 minutes</b>	Repeat 3x: walk 5 minutes, jog 5 minutes	Cross Training / Core Work / Weight Training / Rest Day	Repeat 4x: walk 3 minutes, jog 5 minutes	Walk/Jog 30 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Walk/Jog 40 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
<b>Week 10</b>	<b>Monday 6/24</b>	<b>Tuesday 6/25</b>	<b>Wednesday 6/26</b>	<b>Thursday 6/27</b>	<b>Friday 6/28</b>	<b>Saturday 6/29</b>	<b>Sunday 6/16</b>
<b>June 24-30</b>	<b>Easy Day</b>	<b>Cross Train or Rest Day</b>	<b>Intervals</b>	<b>Cross Train or Rest Day</b>	<b>Shakeout</b>	<b>Trinity Health Seaway Run!</b>	<b>Relax Day!</b>
<b>101 minutes</b>	Repeat 3x: walk 4 minutes, jog 5 minutes	Cross Training / Core Work / Weight Training / Rest Day	Repeat 3x: walk 3 minutes, jog 5 minutes	Cross Training / Core Work / Weight Training / Rest Day	Walk/jog 20 minutes @ Easy Pace	Have a great race!	Drink a good, refreshing beverage! You've earned it!
<b>DEFINITIONS - a statement of the exact meaning of a word</b>	<b>Easy Pace</b> - Slow enough that you speak in full sentences and hold a conversation with someone.	<b>Intervals</b> - A form of speedwork alternating high intensity (running/jogging) with low intensity (walking/resting)	<b>Race Pace</b> - The speed you plan to run throughout the duration of the race.	<b>Rest Day</b> - A day for recovery; it's during rest that our muscles and tendons rebuild and become stronger.	<b>Cross Training</b> - An exercise outside of running (ie: cycling, swimming, yoga, weight training)	<b>Shakeout Run</b> - An easy workout to shake out your nerves, doubts and limbs before a race.	