

2024 Trinity Health Seaway Run -- 5K Seasoned Runner Plan

****This plan assumes you can run at least 2 miles at an easy pace. Highlighted in blue are community runs. See green definitions of terms at the bottom of this plan.****

****This plan is for those who want to improve their 5K time -- If you've never completed a 5K before, check out our "Get Movin'!" plan.**

Week 1	Monday 4/22	Tuesday 4/23	Wednesday 4/24	Thursday 4/25	Friday 4/26	Saturday 4/27	Sunday 4/28
April 22-28 10 miles	Easy Run Walk/Jog 2 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Fartlek 1 mile warm up // 2x .25 tough, .25 easy // 1 mile cooldown (4 miles total) (Run Muskegon meets at 6:30pm!)	Easy Run Walk/Jog 2 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run Walk/Jog 3 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 2 April 29-May 5 10.5-11.5 miles	Monday 4/29 Easy Run Walk/Jog 2 miles @ Easy Pace	Tuesday 4/30 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/1 Fartlek 1 mile warm up // 3x .25 tough, .25 easy // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Thursday 5/2 Easy Run Walk/Jog 2 miles @ Easy Pace	Friday 5/3 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/4 Long Run Walk/Jog 3-4 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Sunday 5/5 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 3 May 6-12 11-13 miles	Monday 5/6 Easy Run Walk/Jog 2-3 miles @ Easy Pace	Tuesday 5/7 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/8 Fartlek 1 mile warm up // 1 mile tough // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)	Thursday 5/9 Easy Run Walk/Jog 2-3 miles @ Easy Pace	Friday 5/10 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/11 Long Run Walk/Jog 4 miles @ Easy Pace	Sunday 5/12 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 4 May 13-19 11-13 miles	Monday 5/13 Easy Run Jog 2-3 miles @ Easy Pace	Tuesday 5/14 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/15 Race Pace 1 mile warm up // 1 mile Race Pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Thursday 5/16 Easy Run Jog 2-3 miles @ Easy Pace	Friday 5/17 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/18 Long Run Walk/Jog 4 miles @ Easy Pace	Sunday 5/19 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 5 May 20-26 12-13 miles	Monday 5/20 Easy Run Jog 3 miles @ Easy pace	Tuesday 5/21 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/22 Tempo Run 1 mile warm up // 1 mile tempo pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Thursday 5/23 Easy Run Walk/Jog 2-3 miles @ Easy Pace	Friday 5/24 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/25 Long Run Walk/Jog 4 miles @ Easy Pace	Sunday 5/26 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 6 May 27-June 2 14 miles	Monday 5/27 Easy Run Jog 3 miles @ Easy Pace	Tuesday 5/28 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/29 Speed Work 1 mile warm up // 2x .25 mile tough, .25 mile easy // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)	Thursday 5/30 Easy Run Walk/Jog 3 miles @ Easy Pace	Friday 5/31 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 6/1 Long Run Walk/Jog 5 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Sunday 6/2 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day

Week 7	Monday 6/3	Tuesday 6/4	Wednesday 6/5	Thursday 6/6	Friday 6/7	Saturday 6/8	Sunday 6/9
June 3-9 13-14 miles	Easy Run Jog 3-4 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Speed Work 1 mile warm up // .5 miles tempo pace // .5 miles race pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Easy Run Walk/Jog 3 miles @ Easy Pace	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Long Run, Fast Finish Walk/Jog 3 miles @ Easy Pace // Run 1 mile tough	Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 8 June 10-16 14-15 miles	Monday 6/10 Easy Run Jog 4 miles @ Easy Pace	Tuesday 6/11 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/12 Tempo Run .5 mile warm up // 2 miles tempo pace // .5 mile cooldown (Run Muskegon meets at 6:30pm!)	Thursday 6/13 Easy Run Walk/Jog 3-4 miles @ Easy Pace	Friday 6/14 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 6/15 Long Run, Fast Finish Walk/Jog 3 miles @ Easy Pace // Run 1 miles tough	Sunday 6/16 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 9 June 17-23 15 miles	Monday 6/17 Easy Run Jog 3 miles @ Easy Pace	Tuesday 6/18 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/19 Race Pace 1 mile warm up // 2 miles Race Pace // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)	Thursday 6/20 Easy Run Walk/Jog 4 miles @ Easy Pace	Friday 6/21 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 6/22 Long Run 2 miles warm up // Run 1 mile Race Pace // 1 mile cooldown	Sunday 6/23 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 10 June 24-30 11.1 miles	Monday 6/24 Easy Run Jog 3 miles @ Easy Pace	Tuesday 6/25 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/26 Race Pace 1 mile warm up // 1 mile Race Pace // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)	Thursday 6/27 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Friday 6/28 Shakeout Run Jog 2 miles @ Easy Pace	Saturday 6/29 Trinity Health Seaway Run! Have a great race!	Sunday 6/16 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.	Intervals - A form of speedwork alternating high intensity (running/jogging) with low intensity (walking/resting)	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"	Shakeout Run - An easy workout to shake out your nerves, doubts and limbs before a race.