2024 Trinity Health Seaway Run -- 10K Plan

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	Cross Training / Core Work / Weight Training / Rest Day

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	Cross Training / Core Work / Weight Training / Rest Day

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Easy Run	**Cross Train or Rest Day**	**Speed Work**	**Easy Run**	**Cross Train or Rest Day**	**Long Run**	**Cross Train or Rest Day**
16 miles	Run 4 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 2x .5 mile tough, .5 mile easy // 1 mile cooldown (Run Muskegon meets @ 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 9	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Easy Run	**Cross Train or Rest Day**	**Tempo Run**	**Easy Run**	**Cross Train or Rest Day**	**Long Run, Fast Finish**	**Cross Train or Rest Day**
16-17 miles	Run 4-5 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 5 miles @ Easy Pace // Run 2 miles tough	Cross Training / Core Work / Weight Training / Rest Day
Week 10	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Easy Run	**Cross Train or Rest Day**	**Tempo Run**	**Easy Run**	**Cross Train or Rest Day**	**Long Run, Fast Finish**	**Cross Train or Rest Day**
17-19 miles	Run 4 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 2-3 miles race pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Run 4 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 3 miles @ Easy Pace // Run 2 miles tough	Cross Training / Core Work / Weight Training / Rest Day
Week 11	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	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 4 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 4 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 12	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Easy Run	*Cross Train or Rest Day*	*Race Pace*	*Cross Train or Rest Day*	*Shakeout Run*	*Trinity Health Seaway Run!*	*Relax Day!*
14.1 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 @ 6:30pm!)*	*Cross Training / Core Work / Weight Training / Rest Day*	*Run 2 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.