

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	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
17-21 miles	Run 5 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 1 mile tough // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Run 3-5 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 6-8 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	Hill Work	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
18-22 miles	Run 5 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 3-5 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 7-9 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	Speed Work	Easy Run	Cross Train or Rest Day	Speed Work	Cross Train or Rest Day
22-26 miles	Run 6 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 2 miles tough // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Run 4-6 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Race 3.1 as Tempo or faster	Cross Training / Core Work / Weight Training / Rest Day
Week 4	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
21-25 miles	Run 5 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 6x hill repeats // 1 mile cooldown (Run Muskegon meets at 6:30pm)	Run 3-5 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 9-11 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
24-28 miles	Run 6 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 2 miles tough // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Run 4-6 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 8-10 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Easy Run (No Joke!)	Cross Train or Rest Day	Fartlek	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
24-27 miles	Run 6 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 2x .5 on, .5 off Fartlek // 1 mile cooldown (4 miles total)	Run 5-6 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 9 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	Hill Work	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
23-24 miles	Run 6 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 10x hill repeats // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Run 5-6 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 8 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
26-28 miles	Run 7 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 2-3 miles tough // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)	Run 6-7 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 9 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	Fartlek	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
29-30 miles	Run 7 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 8-12x .25 on, .25 off // 1 mile cooldown (4-5 miles total) (Run Muskegon meets at 6:30pm!)	Run 7 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 11 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 10	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
26 miles	Run 6 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 6 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 10 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 11	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
29-30 miles	Run 7 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 2-3 miles tough // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)	Run 7 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 11 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	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
27 miles	Run 6 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 3 miles Race Pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Run 6 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 10 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 13	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
28 miles	Run 6 miles @ Easy pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 3 miles tempo pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Run 6 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 11 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day

Week 14	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
30-31 miles	Run 7 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 2-3 miles tough // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)	Run 7 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 12 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 15	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
32 miles	Run 8 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	1 mile warm up // 3 miles tempo pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)	Run 7 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 10 miles @ Easy Pace // Run 2 miles tough	Cross Training / Core Work / Weight Training / Rest Day
Week 16	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
31 miles	Run 8 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 7 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 10 miles @ Easy Pace // Run 2 miles tough	Cross Training / Core Work / Weight Training / Rest Day
Week 17	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
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	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!
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.