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

This plan assumes you can walk at least 30 minutes at an easy pace. 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**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Easy Day	**Cross Train or Rest Day**	**Intervals**	**Easy Day**	**Cross Train or Rest Day**	**Long Day**	**Cross Train or Rest Day**
118 minutes	Walk 30 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Repeat 4x: walk 5 minutes, jog 2 minutes (Run Muskegon meets at 6:30pm!)	Walk 30 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Walk/Jog 30 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 2	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Easy Day	**Cross Train or Rest Day**	**Intervals**	**Easy Day**	**Cross Train or Rest Day**	**Long Day**	**Cross Train or Rest Day**
127 minutes	Walk 30 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Repeat 4x: walk 5 minutes, jog 3 minutes (Run Muskegon meets @ 6:30pm)	Walk 30 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Walk/Jog 35 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 3	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Easy Day	**Cross Train or Rest Day**	**Intervals**	**Easy Day**	**Cross Train or Rest Day**	**Long Day**	**Cross Train or Rest Day**
118 minutes	Walk 30 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Repeat 4x: walk 4 minutes, jog 3 minutes (Run Muskegon meets @ 6:30pm)	Walk 30 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Walk/Jog 30 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 4	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Easy Day	**Cross Train or Rest Day**	**Intervals**	**Easy Day**	**Cross Train or Rest Day**	**Long Day**	**Cross Train or Rest Day**
135 minutes	Walk 35 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Repeat 5x: walk 3 minutes, jog 3 minutes (Run Muskegon meets at 6:30pm!)	Walk 35 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Walk/Jog 35 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 5	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Easy Day	**Cross Train or Rest Day**	**Intervals**	**Easy Day**	**Cross Train or Rest Day**	**Long Day**	**Cross Train or Rest Day**
135 minutes	Walk/Jog 35 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Repeat 5x: walk 3 minutes, jog 3 minutes (Run Muskegon meets @ 6:30pm)	Walk 35 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Walk/Jog 35 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 6	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Easy Day	**Cross Train or Rest Day**	**Intervals**	**Easy Day**	**Cross Train or Rest Day**	**Long Day**	**Cross Train or Rest Day**
138 minutes	Walk/Jog 35 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Repeat 4x: walk 3 minutes, jog 4 minutes (Run Muskegon meets @ 6:30pm)	Walk/Jog 35 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Walk/Jog 40 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Easy Day	Cross Train or Rest Day	Intervals	Easy Day	Cross Train or Rest Day	Long Day	Cross Train or Rest Day
147 minutes	Walk/Jog 40 minutes @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Repeat 4x: walk 4 minutes, jog 4 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
Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Easy Day	Cross Train or Rest Day	Intervals	Easy Day	Cross Train or Rest Day	Long Day	Cross Train or Rest Day
151 minutes	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
Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Easy Day	Cross Train or Rest Day	Intervals	Easy Day	Cross Train or Rest Day	Long Day	Cross Train or Rest Day
132 minutes	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
Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Easy Day	Cross Train or Rest Day	Intervals	Cross Train or Rest Day	Shakeout	Trinity Health Seaway Run!	Relax Day!
101 minutes	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!
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.	Intervals - A form of speedwork alternating high intensity (running/jogging) with low intensity (walking/resting)	Race Pace - The speed you plan to run throughout the duration of the race.	Rest Day - A day for recovery; it's during rest that our muscles and tendons rebuild and become stronger.	Cross Training - An exercise outside of running (ie: cycling, swimming, yoga, weight training)	Shakeout Run - An easy workout to shake out your nerves, doubts and limbs before a race.	