

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

**\*\*This plan assumes you can run at least 2 miles at an easy pace. 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                         | Tuesday   | Wednesday   | Thursday                       | Friday  | Saturday                       | Sunday  |
|------------------------|--------------------------------|---|---|--------------------------------|---|--------------------------------|---|
|                        | <b>Easy Run</b>                | <b>Cross Train or Rest Day</b>                          | <b>Fartlek</b>  | <b>Easy Run</b>                | <b>Cross Train or Rest Day</b>                          | <b>Long Run</b>                | <b>Cross Train or Rest Day</b>                          |
| <b>10 miles</b>        | Walk/Jog 2 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day | 1 mile warm up // 2x .25 tough, .25 easy // 1 mile cooldown (4 miles total) (Run Muskegon meets at 6:30pm!) | Walk/Jog 2 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day | Walk/Jog 3 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day |
| Week 2                 | Monday                         | Tuesday   | Wednesday   | Thursday                       | Friday  | Saturday                       | Sunday  |
|                        | <b>Easy Run</b>                | <b>Cross Train or Rest Day</b>                          | <b>Fartlek</b>  | <b>Easy Run</b>                | <b>Cross Train or Rest Day</b>                          | <b>Long Run</b>                | <b>Cross Train or Rest Day</b>                          |
| <b>10.5-11.5 miles</b> | Walk/Jog 2 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day | 1 mile warm up // 3x .25 tough, .25 easy // 1 mile cooldown (Run Muskegon meets at 6:30pm!)                 | Walk/Jog 2 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day | Walk/Jog 3-4 miles @ Easy Pace | Cross Training / Core Work / Weight Training / Rest Day |
| Week 3                 | Monday                         | Tuesday   | Wednesday   | Thursday                       | Friday  | Saturday                       | Sunday  |
|                        | <b>Easy Run</b>                | <b>Cross Train or Rest Day</b>                          | <b>Fartlek</b>  | <b>Easy Run</b>                | <b>Cross Train or Rest Day</b>                          | <b>Long Run</b>                | <b>Cross Train or Rest Day</b>                          |
| <b>11-13 miles</b>     | Walk/Jog 2-3 miles @ Easy Pace | Cross Training / Core Work / Weight Training / Rest Day | 1 mile warm up // 1 mile tough // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)                            | Walk/Jog 2-3 miles @ Easy Pace | Cross Training / Core Work / Weight Training / Rest Day | Walk/Jog 4 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day |
| Week 4                 | Monday                         | Tuesday   | Wednesday   | Thursday                       | Friday  | Saturday                       | Sunday  |
|                        | <b>Easy Run</b>                | <b>Cross Train or Rest Day</b>                          | <b>Race Pace</b>  | <b>Easy Run</b>                | <b>Cross Train or Rest Day</b>                          | <b>Long Run</b>                | <b>Cross Train or Rest Day</b>                          |
| <b>11-13 miles</b>     | Jog 2-3 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!)                       | Jog 2-3 miles @ Easy Pace      | Cross Training / Core Work / Weight Training / Rest Day | Walk/Jog 4 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day |
| Week 5                 | Monday                         | Tuesday   | Wednesday   | Thursday                       | Friday  | Saturday                       | Sunday  |
|                        | <b>Easy Run</b>                | <b>Cross Train or Rest Day</b>                          | <b>Tempo Run</b>  | <b>Easy Run</b>                | <b>Cross Train or Rest Day</b>                          | <b>Long Run</b>                | <b>Cross Train or Rest Day</b>                          |
| <b>12-13 miles</b>     | Jog 3 miles @ Easy pace        | Cross Training / Core Work / Weight Training / Rest Day | 1 mile warm up // 1 mile tempo pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!)                      | Walk/Jog 2-3 miles @ Easy Pace | Cross Training / Core Work / Weight Training / Rest Day | Walk/Jog 4 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day |
| Week 6                 | Monday                         | Tuesday   | Wednesday   | Thursday                       | Friday  | Saturday                       | Sunday  |
|                        | <b>Easy Run</b>                | <b>Cross Train or Rest Day</b>                          | <b>Speed Work</b>   | <b>Easy Run</b>                | <b>Cross Train or Rest Day</b>                          | <b>Long Run</b>                | <b>Cross Train or Rest Day</b>                          |
| <b>14 miles</b>        | Jog 3 miles @ Easy Pace        | Cross Training / Core Work / Weight Training / Rest Day | 1 mile warm up // 2x .25 mile tough, .25 mile easy // 1 mile cooldown (Run Muskegon meets @ 6:30pm!)        | Walk/Jog 3 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day | Walk/Jog 5 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day |

| Week 7  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  | Sunday  |
|---|---|---|--|--|---|---|---|
|   | <b>Easy Run</b>   | <b>Cross Train or Rest Day</b>  | <b>Speed Work</b>  | <b>Easy Run</b>  | <b>Cross Train or Rest Day</b>  | <b>Long Run, Fast Finish</b>  | <b>Cross Train or Rest Day</b>  |
| <b>13-14 miles</b>  | Jog 3-4 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day   | 1 mile warm up // .5 miles tempo pace // .5 miles race pace // 1 mile cooldown (Run Muskegon meets at 6:30pm!) | Walk/Jog 3 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day   | Walk/Jog 3 miles @ Easy Pace // Run 1 mile tough  | Cross Training / Core Work / Weight Training / Rest Day   |
| Week 8  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  | Sunday  |
|   | <b>Easy Run</b>   | <b>Cross Train or Rest Day</b>  | <b>Tempo Run</b>   | <b>Easy Run</b>  | <b>Cross Train or Rest Day</b>  | <b>Long Run, Fast Finish</b>  | <b>Cross Train or Rest Day</b>  |
| <b>14-15 miles</b>  | Jog 4 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day   | .5 mile warm up // 2 miles tempo pace // .5 mile cooldown (Run Muskegon meets at 6:30pm!)                      | Walk/Jog 3-4 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day   | Walk/Jog 3 miles @ Easy Pace // Run 1 miles tough   | Cross Training / Core Work / Weight Training / Rest Day   |
| Week 9  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  | Sunday  |
|   | <b>Easy Run</b>   | <b>Cross Train or Rest Day</b>  | <b>Race Pace</b>   | <b>Easy Run</b>  | <b>Cross Train or Rest Day</b>  | <b>Long Run</b>   | <b>Cross Train or Rest Day</b>  |
| <b>15 miles</b>   | Jog 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 @ 6:30pm!)                          | Walk/Jog 4 miles @ Easy Pace   | Cross Training / Core Work / Weight Training / Rest Day   | 2 miles warm up // Run 1 mile Race Pace // 1 mile cooldown  | Cross Training / Core Work / Weight Training / Rest Day   |
| Week 10   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  | Sunday  |
|   | <b>Easy Run</b>   | <b>Cross Train or Rest Day</b>  | <b>Race Pace</b>   | <b>Cross Train or Rest Day</b>   | <b>Shakeout Run</b>   | <b>Trinity Health Seaway Run!</b>   | <b>Relax Day!</b>   |
| <b>11.1 miles</b>   | Jog 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  | Jog 2 miles @ 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>Tempo Run</b> - Ideally 1 minute faster than your anticipated Race Pace, could also be seen as "Tough" | <b>Race Pace</b> - The speed you plan to run throughout the duration of the race.                              | <b>Intervals</b> - A form of speedwork alternating high intensity (running/jogging) with low intensity (walking/resting) | <b>Cross Training</b> - An exercise outside of running (ie: cycling, swimming, yoga, weight training) | <b>Tough</b> - An effort that makes you a little uncomfortable with the pace, could also be seen as "Tempo" | <b>Shakeout Run</b> - An easy workout to shake out your nerves, doubts and limbs before a race. |