

Trinity Health Seaway Run -- Half Marathon Base Builder Plan

This plan assumes you can run at least 5 miles at an easy pace. It will help you build to the Seaway Half Marathon Training Plan							
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13-23 miles	Easy Run Run 2-4 miles @ Easy Pace	Cross Train Cross Training / Core Work / Weight Training / Rest Day	Easy Run Run 2-4 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Speed Work Stamina: 1 mile warmup / 4x 1 minute tough, 2 minutes easy / 1 mile cooldown	Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Easy Run Run 2-4 miles @ Easy Pace	Long Run Run 4-7 miles @ Easy Pace
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15-23 miles	Easy Run Run 2-4 miles @ Easy Pace	Cross Train Cross Training / Core Work / Weight Training / Rest Day	Easy Run Run 2-4 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Speed Work Stamina: 1 mile warmup / 6x 1 minutes tough, 2 minutes easy / 1 mile cooldown	Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Easy Run Run 2-4 miles @ Easy Pace	Long Run Run 5-7 miles @ Easy Pace
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17-23 miles	Easy Run Run 3-4 miles @ Easy Pace	Cross Train Cross Training / Core Work / Weight Training / Rest	Easy Run Run 3-4 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Speed Work Stamina: 1 mile warmup / 4x 1 minutes tough, 2 minutes easy / 1 mile cooldown	Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Easy Run Run 3-4 miles @ Easy Pace	Long Run Run 5-8 miles @ Easy Pace
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18-26 miles	Easy Run Run 3-5 miles @ Easy Pace	Cross Train Cross Training / Core Work / Weight Training / Rest	Easy Run Run 3-5 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Speed Work Stamina: 1 mile warm up / 4x 2 minutes tough, 2 minutes easy / 1 mile cooldown	Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Easy Run Run 3-5 miles @ Easy Pace	Long Run Run 5-8 miles @ Easy Pace
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19-26 miles	Easy Run Run 3-5 miles @ Easy Pace	Cross Train Cross Training / Core Work / Weight Training / Rest	Easy Run Run 3-5 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Speed Work Stamina: 1 mile warmup / 6x 2 minutes tough, 2 minutes easy / 1 mile cooldown	Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Easy Run Run 3-5 miles @ Easy Pace	Long Run Run 6-8 miles @ Easy Pace
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19-26 miles	Easy Run Run 3-5 miles @ Easy Pace	Cross Train Cross Training / Core Work / Weight Training / Rest	Easy Run Run 3-5 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Speed Work Stamina: 1 mile warm up / 4x 2 minutes tough, 2 minutes easy / 1 mile cooldown	Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Easy Run Run 4-5 miles @ Easy Pace	Long Run Run 6-8 miles @ Easy Pace
Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21-30 miles	Easy Run Run 4-6 miles @ Easy Pace	Cross Train Cross Training / Core Work / Weight Training / Rest	Easy Run Run 4-6 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Speed Work Stamina: 1 mile warm up / 1 mile tough / 1 mile cooldown	Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Easy Run Run 4-6 miles @ Easy Pace	Long Run Run 6-9 miles @ Easy Pace
Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22-30 miles	Easy Run Run 4-6 miles @ Easy Pace	Cross Train Cross Training / Core Work / Weight Training / Rest	Easy Run Run 4-5 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Speed Work Stamina: 1 mile warm up / 2x .5 mile tough, .5 mile easy / 1 mile cooldown	Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Easy Run Run 4-6 miles @ Easy Pace	Long Run Run 6-9 miles @ Easy Pace
After completing this plan, use the Seaway Run Half Marathon Training Plan to tak you to Race Day!							