



2025 Trinity Health Seaway Run

10K Plan



****This plan assumes you can run at least 3 miles at an easy pace. See green definitions of terms at the bottom of this plan.****

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 <i>April 7-15</i> 12-13 miles	Monday 4/7 Easy Run Run 3 miles @ Easy Pace	Tuesday 4/8 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 4/9 Easy Run Run 3 miles @ Easy Pace (Run Muskegon meets at 6:30pm)	Thursday 4/10 Easy Run Run 2-3 miles @ Easy Pace	Friday 4/11 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 4/12 Long Run Run 4 miles @ Easy Pace	Sunday 4/13 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 2 <i>April 14-20</i> 11-12 miles	Monday 4/14 Speed Work 1 mile warm up // .5 mile tough, .5 mile easy, .5 mile tough // .5 mile cooldown	Tuesday 4/15 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 4/16 Easy Run Run 3 miles @ Easy Pace (Run Muskegon meets at 6:30pm)	Thursday 4/17 Easy Run Run 2-3 miles @ Easy Pace	Friday 4/18 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 4/19 Long Run Run 3 miles @ Easy Pace	Sunday 4/20 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 3 <i>April 21-27</i> 13-14 miles	Monday 4/21 Fartlek 1 mile warm up // 4x .25 tough, .25 easy // 1 mile cooldown (4 miles total)	Tuesday 4/22 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 4/23 Easy Run Run 3 miles @ Easy Pace (Run Muskegon meets at 6:30pm)	Thursday 4/24 Easy Run Run 2-3 miles @ Easy Pace	Friday 4/25 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 4/26 Long Run Run 4 miles @ Easy Pace	Sunday 4/27 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 4 <i>April 28-May 4</i> 13 miles	Monday 4/28 Race Pace 1 mile warm up // 1 mile Race Pace // 1 mile cooldown	Tuesday 4/29 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 4/30 Easy Run Run 3-4 miles @ Easy Pace (Run Muskegon meets at 6:30pm)	Thursday 5/1 Easy Run Run 3 miles @ Easy Pace	Friday 5/2 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/3 Long Run Run 4 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Sunday 5/4 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 5 <i>May 5-11</i> 13-14 miles	Monday 5/5 Speed Work 1 mile warm up // 1-2 miles tough // 1 mile cooldown	Tuesday 5/6 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/7 Easy Run Run 3-4 miles @ Easy Pace (Run Muskegon meets at 6:30pm)	Thursday 5/8 Easy Run Run 3 miles @ Easy Pace	Friday 5/9 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/10 Long Run Run 4 miles @ Easy Pace (Group Run @ Coffee Factory)	Sunday 5/11 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 6 <i>May 12-18</i> 15 miles	Monday 5/12 Race Pace 1 mile warm up // 2 miles Race Pace // 1 mile cooldown	Tuesday 5/13 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/14 Easy Run Run 3-4 miles @ Easy Pace (Run Muskegon meets at 6:30pm)	Thursday 5/15 Easy Run Run 3 miles @ Easy Pace	Friday 5/16 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/17 Long Run Run 5 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Sunday 5/18 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 7 <i>May 19-25</i> 14-16 miles	Monday 5/19 Tempo Run 1 mile warm up // 2 miles tempo pace // 1 mile cooldown	Tuesday 5/20 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/21 Easy Run Run 3-4 miles @ Easy Pace (Run Muskegon meets at 6:30pm)	Thursday 5/22 Easy Run Run 3 miles @ Easy Pace	Friday 5/23 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/24 Long Run Run 4-5 miles @ Easy Pace	Sunday 5/25 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 8 <i>May 26-June 1</i> 16 miles	Monday 5/26 Speed Work 1 mile warm up // 2x .5 mile tough, .5 mile easy // 1 mile cooldown	Tuesday 5/27 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/28 Easy Run Run 4 miles @ Easy Pace (Run Muskegon meets at 6:30pm)	Thursday 5/29 Easy Run Run 3 miles @ Easy Pace	Friday 5/30 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/31 Long Run Run 5 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Sunday 6/1 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 9 <i>June 2-8</i> 16-17 miles	Monday 6/2 Tempo Run 1 mile warm up // 2 miles tempo pace // 1 mile cooldown	Tuesday 6/3 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/4 Easy Run Run 4-5 miles @ Easy Pace (Run Muskegon meets at 6:30pm)	Thursday 6/5 Easy Run Run 3 miles @ Easy Pace	Friday 6/6 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 6/7 Long Run, Fast Finish Run 5 miles @ Easy Pace // Run 2 miles tough (Group Run @ Coffee Factory)	Sunday 6/8 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 10 <i>June 9-15</i> 17-19 miles	Monday 6/9 Race Pace 1 mile warm up // 2-3 miles race pace // 1 mile cooldown	Tuesday 6/10 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/11 Easy Run Run 4-5 miles @ Easy Pace (Run Muskegon meets at 6:30pm)	Thursday 6/12 Easy Run Run 4 miles @ Easy Pace	Friday 6/13 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 6/14 Long Run, Fast Finish Run 3 miles @ Easy Pace // Run 2 miles tough (Coffee Factory @ 8am)	Sunday 6/15 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 11 <i>June 16-22</i> 15 miles	Monday 6/16 Race Pace 1 mile warm up // 2-3 miles Race Pace // 1 mile cooldown	Tuesday 6/17 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/18 Easy Run Run 4-5 miles @ Easy Pace (Run Muskegon meets at 6:30pm)	Thursday 6/19 Easy Run Run 4 miles @ Easy Pace	Friday 6/20 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 6/21 Long Run Run 3 miles @ Easy Pace	Sunday 6/22 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 12 <i>June 23-29</i> 14.1 miles	Monday 6/23 Race Pace 1 mile warm up // 1 mile Race Pace // 1 mile cooldown	Tuesday 6/24 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/25 Easy Run Run 3 miles @ Easy Pace (Run Muskegon meets at 6:30pm)	Thursday 6/26 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Friday 6/27 Shakeout Run Run 2 miles @ Easy Pace	Saturday 6/28 Trinity Health Seaway 10K! Line up with a pacer, or go your own way and have a great race!	Sunday 6/15 Relax Day! 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.