



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 12/30	Tuesday 12/31	Monday 1/1	Tuesday 1/2	Wednesday 1/3	Thursday 1/4	Friday 1/5
Jan 1-5 17-21 miles	Off	Off	Easy Run Run 2-4 miles @ Easy Pace	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
Jan 6-12 15-23 miles	Monday 1/6 Easy Run Run 2-4 miles @ Easy Pace	Tuesday 1/7 Cross Train Cross Training / Core Work / Weight Training / Rest Day	Wednesday 1/8 Easy Run Run 2-4 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Thursday 1/9 Speed Work Stamina: 1 mile warmup / 6x 1 minutes tough, 2 minutes easy / 1 mile cooldown	Friday 1/10 Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Saturday 1/11 Easy Run Run 2-4 miles @ Easy Pace	Sunday 1/12 Long Run Run 5-7 miles @ Easy Pace
Jan 13-19 17-23 miles	Monday 1/13 Easy Run Run 3-4 miles @ Easy Pace	Tuesday 1/14 Cross Train Cross Training / Core Work / Weight Training / Rest	Wednesday 1/15 Easy Run Run 3-4 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Thursday 1/16 Speed Work Stamina: 1 mile warmup / 4x 1 minutes tough, 2 minutes easy / 1 mile cooldown	Friday 1/17 Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Saturday 1/18 Easy Run Run 3-4 miles @ Easy Pace	Sunday 1/19 Long Run Run 5-8 miles @ Easy Pace
Jan 20-26 18-26 miles	Monday 1/20 Easy Run Run 3-5 miles @ Easy Pace	Tuesday 1/21 Cross Train Cross Training / Core Work / Weight Training / Rest	Wednesday 1/22 Easy Run Run 3-5 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Thursday 1/23 Speed Work Stamina: 1 mile warm up / 4x 2 minutes tough, 2 minutes easy / 1 mile cooldown	Friday 1/24 Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Saturday 1/25 Easy Run Run 3-5 miles @ Easy Pace	Sunday 1/26 Long Run Run 5-8 miles @ Easy Pace
Jan 27 - Feb 2 19-26 miles	Monday 1/27 Easy Run Run 3-5 miles @ Easy Pace	Tuesday 1/28 Cross Train Cross Training / Core Work / Weight Training / Rest	Wednesday 1/29 Easy Run Run 3-5 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Thursday 1/30 Speed Work Stamina: 1 mile warmup / 6x 2 minutes tough, 2 minutes easy / 1 mile cooldown	Friday 1/31 Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Saturday 2/1 Easy Run Run 3-5 miles @ Easy Pace	Sunday 2/2 Long Run Run 6-8 miles @ Easy Pace
Feb 3-9 19-26 miles	Monday 2/3 Easy Run Run 3-5 miles @ Easy Pace	Tuesday 2/4 Cross Train Cross Training / Core Work / Weight Training / Rest	Wednesday 2/5 Easy Run Run 3-5 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Thursday 2/6 Speed Work Stamina: 1 mile warm up / 4x 2 minutes tough, 2 minutes easy / 1 mile cooldown	Friday 2/7 Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Saturday 2/8 Easy Run Run 4-5 miles @ Easy Pace	Sunday 2/9 Long Run Run 6-8 miles @ Easy Pace
Feb 10-16 21-30 miles	Monday 2/10 Easy Run Run 4-6 miles @ Easy Pace	Tuesday 2/11 Cross Train Cross Training / Core Work / Weight Training / Rest	Wednesday 2/12 Easy Run Run 4-6 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Thursday 2/13 Speed Work Stamina: 1 mile warm up / 1 mile tough / 1 mile cooldown	Friday 2/14 Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Saturday 2/15 Easy Run Run 4-6 miles @ Easy Pace	Sunday 2/16 Long Run Run 6-9 miles @ Easy Pace
Feb 17-23 22-30 miles	Monday 2/17 Easy Run Run 4-6 miles @ Easy Pace	Tuesday 2/18 Cross Train Cross Training / Core Work / Weight Training / Rest	Wednesday 2/19 Easy Run Run 4-5 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Thursday 2/20 Speed Work Stamina: 1 mile warm up / 2x .5 mile tough, .5 mile easy / 1 mile cooldown	Friday 2/21 Cross Train or Rest Cross Training / Core Work / Weight Training / Rest Day	Saturday 2/22 Easy Run Run 4-6 miles @ Easy Pace	Sunday 2/23 Long Run Run 6-9 miles @ Easy Pace

****After completing this plan, use the Seaway Run Half Marathon Training Plan to take you to Race Day!****

DEFINITIONS - statements of the exact meaning of a specific 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; varying the tempo of your run between faster efforts and slower recovery periods.
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