2025 Trinity Health Seaway Run
Half Marathon 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 1 *Feb 24 – Mar 2* 17-21 miles	**Monday 2/24** Easy Run Run 5 miles @ Easy Pace	**Tuesday 2/25** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	**Wednesday 2/26** Easy Run Run 3-5 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	**Thursday 2/27** Speed Work 1 mile warm up // 1 mile tough // 1 mile cooldown (3 miles total)	**Friday 2/28** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	**Saturday 3/1** Long Run Run 6-8 miles @ Easy Pace	**Sunday 3/2** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 2 *March 3–9* 18-22 miles	**Monday 3/3** Easy Run Run 5 miles @ Easy Pace	**Tuesday 3/4** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	**Wednesday 3/5** Easy Run Run 3-5 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	**Thursday 3/6** Hill Work 1 mile warm up // 4x hill repeats (1:00 up, easy down)// 1 mile cooldown	**Friday 3/7** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	**Saturday 3/8** Long Run Run 7-9 miles @ Easy Pace	**Sunday 3/9** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 3 *March 10–16* 19-21 miles	**Monday 3/10** Easy Run Run 6 miles @ Easy Pace	**Tuesday 3/11** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	**Wednesday 3/12** Easy Run Run 4-6 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	**Thursday 3/13** Speed Work 1 mile warm up // 2 miles tough // 1 mile cooldown	**Friday 3/14** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	**Saturday 3/15** Run Muskegon Shamrock Shuffle 1 mile warmup // RACE 3.1 as Tempo or faster // 1 mile cooldown	**Sunday 3/16** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 4 *March 17–23* 21-25 miles	**Monday 3/17** Easy Run Run 5 miles @ Easy Pace	**Tuesday 3/18** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	**Wednesday 3/19** Easy Run Run 3-5 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	**Thursday 3/20** Hill Work 1 mile warm up // 6x hill repeats (1:00 up, easy down) // 1 mile cooldown	**Friday 3/21** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	**Saturday 3/22** Long Run Run 9-11 miles @ Easy Pace	**Sunday 3/23** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 5 *March 24–30* 22-26 miles	**Monday 3/24** Easy Run Run 6 miles @ Easy Pace	**Tuesday 3/25** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	**Wednesday 3/26** Easy Run Run 4-6 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	**Thursday 3/27** Speed Work 1 mile warm up // 2 miles tough // 1 mile cooldown	**Friday 3/28** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	**Saturday 3/29** Long Run Run 8-10 miles @ Easy Pace	**Sunday 3/30** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 6 *Mar 31 – Apr 6* 24-26	**Monday 3/31** Easy Run Run 6 miles @ Easy Pace	**Tuesday 4/1** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	**Wednesday 4/2** Easy Run Run 5-6 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	**Thursday 4/3** Fartlek 1 mile warm up // 2x .5 on, .5 off Fartlek // 1 mile cooldown (4 miles total)	**Friday 4/4** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	**Saturday 4/5** Long Run Run 9 miles @ Easy Pace	**Sunday 4/6** Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day

Week 7	Monday 4/7	Tuesday 4/8	Wednesday 4/9	Thursday 4/10	Friday 4/11	Saturday 4/12	Sunday 4/13
April 7–13 22-23 miles	**Easy Run** Run 6 miles @ Easy Pace	**Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Easy Run** Run 5-6 miles @ Easy Pace	**Hill Work** 1 mile warm up // 10x hill repeats (1:00 up, easy down) // 1 mile cooldown	**Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Long Run** Run 8 miles @ Easy Pace	**Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day
Week 8 *April 14–20* 26-28 miles	**Monday 4/14** **Easy Run** Run 7 miles @ Easy Pace	**Tuesday 4/15** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Wednesday 4/16** **Easy Run** Run 6-7 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	**Thursday 4/17** **Speed Work** 1 mile warm up // 2-3 miles tough // 1 mile cooldown	**Friday 4/18** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Saturday 4/19** **Long Run** Run 9 miles @ Easy Pace	**Sunday 4/20** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day
Week 9 *Apr 28 – May 4* 28 miles	Monday 4/28 **Easy Run** Run 7 miles @ Easy Pace	Tuesday 4/29 **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	Wednesday 4/30 **Easy Run** Run 6 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Thursday 5/1 **Race Pace** 1 mile warm up // 2 miles @ Race Pace // 1 mile cooldown	Friday 5/2 **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Saturday 5/3** **Long Run** Run 10 miles @ Easy Pace	Sunday 5/4 **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day
Week 10 *May 5–11* 29-30 miles	**Monday 5/5** **Easy Run** Run 7 miles @ Easy Pace	**Tuesday 5/6** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Wednesday 5/7** **Easy Run** Run 7 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	**Thursday 5/8** **Speed Work** 1 mile warm up // 2-3 miles tough // 1 mile cooldown	**Friday 5/9** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Saturday 5/10** **Long Run, Fast Finish** Run 11 miles @ Easy Pace, last mile tough	**Sunday 5/11** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day
Week 11 *May 12–18* 27 miles	Monday 5/12 **Easy Run** Run 6 miles @ Easy Pace	Tuesday 5/13 **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/14 **Easy Run** Run 6 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Thursday 5/15 **Race Pace** 1 mile warm up // 3 miles @ Race Pace // 1 mile cooldown	Friday 5/16 **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Saturday 5/17** **Long Run** Run 10 miles @ Easy Pace	Sunday 5/18 **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day
Week 12 *May 19–25* 28 miles	**Monday 5/19** **Easy Run** Run 6 miles @ Easy Pace	**Tuesday 5/20** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Wednesday 5/21** **Easy Run** Run 6 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	**Thursday 5/22** **Tempo Run** 1 mile warm up // 3 miles Tempo Pace // 1 mile cooldown	**Friday 5/23** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Saturday 5/24** **Long Run** Run 11 miles @ Easy Pace	**Sunday 5/25** **Relax Day!** Drink a good, refreshing beverage! You've earned it!
Week 13 *May 26 – June 1* 30-31 miles	Monday 5/26 **Easy Run** Run 7 miles @ Easy Pace	Tuesday 5/27 **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/28 **Easy Run** Run 7 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	Thursday 5/29 **Speed Work** 1 mile warm up // 2-3 miles tough // 1 mile cooldown	Friday 5/30 **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Saturday 5/31** **Long Run** Run 12 miles @ Easy Pace	Sunday 6/1 **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day

Week 14	Monday 6/2	Tuesday 6/3	Wednesday 6/4	Thursday 6/5	Friday 6/6	Saturday 6/7	Sunday 6/8
June 2–8 30 miles	**Easy Run** Run 8 miles @ Easy Pace	**Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Easy Run** Run 7 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	**Speed Work** 1 mile warm up // 3 miles @ Tempo Pace // 1 mile cooldown	**Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Long Run** Run 10 miles @ Easy Pace	**Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day
Week 15 *June 9–15* 29 miles	**Monday 6/9** **Easy Run** Run 8 miles @ Easy Pace	**Tuesday 6/10** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Wednesday 6/11** **Easy Run** Run 7 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	**Thursday 6/12** **Tempo Run** 1 mile warm up // 2 miles @ Tempo Pace // 1 mile cooldown	**Friday 6/13** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Saturday 6/14** **Long Run** Run 10 miles @ Easy Pace	**Sunday 6/15** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day
Week 16 *June 16–22* 22 miles	**Monday 6/16** **Easy Run** Run 7 miles @ Easy Pace	**Tuesday 6/17** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Wednesday 6/18** **Easy Run** Run 5 miles @ Easy Pace (Run Muskegon meets at 6:30pm!)	**Thursday 6/19** **Race Pace** 1 mile warm up // 2 miles @ Race Pace // 1 mile cooldown	**Friday 6/20** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Saturday 6/21** **Long Run** Run 6 miles @ Easy Pace	**Sunday 6/22** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day
Week 17 *June 23–29* 25.1 miles	**Monday 6/23** **Easy Run** Run 6 miles @ Easy Pace	**Tuesday 6/24** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day	**Wednesday 6/25** **Race Pace** 1 mile warm up / 1 mile @ Race Pace // 1 mile cooldown (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, Fast Finish** Run 3 miles @ Easy Pace, last fast finish	**Saturday 6/28** **Trinity Health Seaway 13.1!** Line up with a pacer, or go your own way and have a great race!	**Sunday 6/29** **Cross Train or Rest Day** Cross Training / Core Work / Weight Training / Rest Day
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.