



2025 Trinity Health Seaway Run

5K Get Movin'! Plan



****This plan assumes you can walk at least 30 minutes at an easy pace. See DEFINITIONS at the bottom of this plan to get to know some of the run-specific language.****

****If you've never completed a 5K before, this is the plan for you! If you're looking to lower your 5K time, check out our "5K Seasoned Runner" plan.****

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 <i>April 21-27</i> 118 minutes	Monday 4/21 Easy Day Walk 30 minutes @ Easy Pace	Tuesday 4/22 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 4/23 Easy Day Walk 30 minutes @ Easy Pace (Run Muskegon meets @ 6:30pm!)	Thursday 4/24 Easy Day Walk 30 minutes @ Easy Pace	Friday 4/25 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 4/26 Long Day Walk/Jog 30 minutes @ Easy Pace	Sunday 4/27 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 2 <i>April 28-May 4</i> 127 minutes	Monday 4/28 Intervals Repeat 4x: walk 5 minutes, jog 2 minutes (28 minutes total)	Tuesday 4/29 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 4/30 Easy Day Walk/Jog 30 minutes @ Easy Pace (Run Muskegon meets @ 6:30pm!)	Thursday 5/1 Easy Day Walk 30 minutes @ Easy Pace	Friday 5/2 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/3 Long Day Walk/Jog 35 minutes @ 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 3 <i>May 5-11</i> 118 minutes	Monday 5/5 Intervals Repeat 4x: walk 4 minutes, jog 3 minutes (28 minutes total)	Tuesday 5/6 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/7 Easy Day Walk/Jog 30 minutes @ Easy Pace (Run Muskegon meets @ 6:30pm!)	Thursday 5/8 Easy Day Walk 30 minutes @ Easy Pace	Friday 5/9 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/10 Long Day Walk/Jog 30 minutes @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Sunday 5/11 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 4 <i>May 12-18</i> 135 minutes	Monday 5/12 Intervals Repeat 4x: walk 4 minutes, jog 3 minutes (28 minutes total)	Tuesday 5/13 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/14 Easy Day Walk/Jog 35 minutes @ Easy Pace (Run Muskegon meets @ 6:30pm!)	Thursday 5/15 Easy Day Walk 35 minutes @ Easy Pace	Friday 5/16 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/17 Long Day Walk/Jog 35 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 5 <i>May 19-25</i> 135 minutes	Monday 5/19 Intervals Repeat 5x: walk 3 minutes, jog 3 minutes (30 minutes total)	Tuesday 5/20 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/21 Easy Day Walk/Jog 35 minutes @ Easy Pace (Run Muskegon meets @ 6:30pm!)	Thursday 5/22 Easy Day Walk 35 minutes @ Easy Pace	Friday 5/23 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/24 Long Day Walk/Jog 35 minutes @ Easy Pace	Sunday 5/25 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 6 <i>May 27-June 1</i> 138 minutes	Monday 5/26 Intervals Repeat 4x: walk 3 minutes, jog 4 minutes (28 minutes total)	Tuesday 5/27 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/28 Easy Day Walk/Jog 35-40 minutes @ Easy Pace (Run Muskegon meets @ 6:30pm)	Thursday 5/29 Easy Day Walk/Jog 35 miles @ Easy Pace	Friday 5/30 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/31 Long Day Walk/Jog 40 minutes @ 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 7 <i>June 2-8</i> 147 minutes	Monday 6/2 Intervals Repeat 4x: walk 4 minutes, jog 4 minutes (32 minutes total)	Tuesday 6/3 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/4 Easy Day Walk/Jog 40 minutes @ Easy Pace (Run Muskegon meets @ 6:30pm)	Thursday 6/5 Easy Day Walk/Jog 35 minutes @ Easy Pace	Friday 6/6 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 6/7 Long Day Walk/Jog 40-50 minutes @ Easy Pace	Sunday 6/8 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 8 <i>June 9-15</i> 151 minutes	Monday 6/9 Intervals Repeat 4x: walk 4 minutes, jog 5 minutes (36 minutes total)	Tuesday 6/10 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/11 Easy Day Walk/Jog 40 minutes @ Easy Pace (Run Muskegon meets @ 6:30pm)	Thursday 6/12 Easy Day Walk/Jog 35 minutes @ Easy Pace	Friday 6/13 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 6/14 Long Day Walk/Jog 40-50 minutes @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Sunday 6/15 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 9 <i>June 16-22</i> 132 minutes	Monday 6/16 Intervals Repeat 3x: walk 5 minutes, jog 5 minutes (30 minutes total)	Tuesday 6/17 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/18 Intervals / Easy Day Repeat 4x: walk 3 minutes, jog 5 minutes (Run Muskegon meets @ 6:30pm)	Thursday 6/19 Easy Day Walk/Jog 30 minutes @ Easy Pace	Friday 6/20 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 6/21 Long Day Walk/Jog 40 minutes @ Easy Pace	Sunday 6/22 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 10 <i>June 23-29</i> 101 minutes	Monday 6/23 Intervals Repeat 3x: walk 4 minutes, jog 5 minutes (27 minutes total)	Tuesday 6/24 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/25 Intervals / Easy Day Repeat 3x: walk 3 minutes, jog 5 minutes (Run Muskegon meets @ 6:30pm)	Thursday 6/26 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Friday 6/27 Shakeout Run Walk/Jog 20 minutes @ Easy Pace	Saturday 6/28 Trinity Health Seaway Run! Have a great race!	Sunday 6/29 RELAX DAY! Drink a good, refreshing beverage! You've earned it!
DEFINITIONS - statements of the exact meaning of a word	Easy Pace - Slow enough that you speak in full sentences and hold a conversation with someone.	Intervals - A form of speedwork alternating high intensity [running/jogging] with low intensity [walking/resting]	Race Pace - The speed you plan to run throughout the duration of the race.	Rest Day - A day for recovery; it's during rest that our muscles and tendons rebuild and become stronger.	Cross Training - An exercise outside of running [ie: cycling, swimming, yoga, weight training]	Shakeout Run - An easy workout to shake out your nerves, doubts and limbs before a race.	