



2025 Trinity Health Seaway Run

5K Seasoned Runner Plan



****This plan assumes you can run/jog at least 2 miles at an easy pace. Highlighted in purple are community runs. See green definitions of terms at the bottom of this plan.****

****This plan is for those who want to improve their 5K time -- If you've never completed a 5K before, check out our "Get Movin'!" plan.**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 <i>April 21-27</i>	Monday 4/21 Easy Run 11 miles Walk/Jog 2 miles @ Easy Pace	Tuesday 4/22 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 4/23 Easy Run Walk/Jog 2 miles @ Easy Pace (Run Muskegon meets @ 6:30pm!)	Thursday 4/24 Speedwork 1 mile warm up // 2x .25 tough, .25 easy // 1 mile cooldown (4 miles total)	Friday 4/25 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 4/26 Long Run Walk/Jog 3 miles @ 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>	Monday 4/28 Easy Run 11.5-12.5 miles Walk/Jog 2 miles @ Easy Pace	Tuesday 4/29 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 4/30 Easy Run Walk/Jog 2 miles @ Easy Pace (Run Muskegon meets @ 6:30pm!)	Thursday 5/1 Speedwork 1 mile warm up // 3x .25 tough, .25 easy // 1 mile cooldown (4.5 miles total)	Friday 5/2 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/3 Long Run Walk/Jog 3-4 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 3 <i>May 5-11</i>	Monday 5/5 Easy Run 11-13 miles Walk/Jog 2-3 miles @ Easy Pace	Tuesday 5/6 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/7 Easy Run Walk/Jog 2-3 miles @ Easy Pace	Thursday 5/8 Strength/Speedwork 1 mile warm up // 1 mile 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 Walk/Jog 4 miles @ Easy Pace	Sunday 5/11 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 4 <i>May 12-18</i>	Monday 5/12 Easy Run 11-13 miles Jog 2-3 miles @ Easy Pace	Tuesday 5/13 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/14 Easy Run Walk/Jog 2-3 miles @ Easy Pace (Run Muskegon meets @ 6:30pm!)	Thursday 5/15 Race Pace 1 mile warm up // 1 mile 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 Walk/Jog 4 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>	Monday 5/19 Easy Run 12-13 miles Jog 3 miles @ Easy Pace	Tuesday 5/20 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/21 Easy Run Walk/Jog 2-3 miles @ Easy Pace (Run Muskegon meets @ 6:30pm!)	Thursday 5/22 Easy Run 1 mile warm up // 1 mile 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 Walk/Jog 4 miles @ 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>	Monday 5/26 Easy Run 14-15 miles Jog 3-4 miles @ Easy Pace	Tuesday 5/27 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 5/28 Easy Run Walk/Jog 3 miles @ Easy Pace (Run Muskegon meets @ 6:30pm!)	Thursday 5/29 Easy Run 1 mile warm up // 2x .25 mile tough, .25 mile easy // 1 mile cooldown (3 miles total)	Friday 5/30 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 5/31 Long Run Walk/Jog 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 7 <i>June 2-8</i>	Monday 6/2 Easy Run 13-14 miles Jog 3-4 miles @ Easy Pace	Tuesday 6/3 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/4 Easy Run Walk/Jog 3 miles @ Easy Pace (Run Muskegon meets @ 6:30pm!)	Thursday 6/5 Strength/Speedwork 1 mile warm up // .5 miles tempo pace // .5 miles race pace // 1 mile cooldown (3 miles total)	Friday 6/6 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 6/7 Long Run, Fast Finish! Walk/Jog 3 miles @ Easy Pace // Run 1 mile tough (4 miles total)	Sunday 6/8 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 8 <i>June 9-15</i>	Monday 6/9 Easy Run 13-15 miles Jog 3-4 miles @ Easy Pace	Tuesday 6/10 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/11 Easy Run Walk/Jog 3-4 miles @ Easy Pace (Run Muskegon meets @ 6:30pm!)	Thursday 6/12 Tempo Run .5 mile warm up // 2 miles tempo pace // .5 mile cooldown (3 miles total)	Friday 6/13 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 6/14 Long Run, Fast Finish! Walk/Jog 3 miles @ Easy Pace // Run 1 mile tough (4 miles total)	Sunday 6/15 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 9 <i>June 16-22</i>	Monday 6/16 Easy Run 15 miles Jog 3 miles @ Easy Pace	Tuesday 6/17 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/18 Intervals / Easy Run Walk/Jog 4 miles @ Easy Pace (Run Muskegon meets @ 6:30pm!)	Thursday 6/19 Race Pace 1 mile warm up // 2 miles Race Pace // 1 mile cooldown (4 miles total)	Friday 6/20 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Saturday 6/21 Race Pace 2 miles warm up // Run 1 mile Race Pace // 1 mile cooldown (4 miles total)	Sunday 6/22 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day
Week 10 <i>June 23-30</i>	Monday 6/23 Easy Run Jog 3 miles @ Easy Pace	Tuesday 6/24 Cross Train or Rest Day Cross Training / Core Work / Weight Training / Rest Day	Wednesday 6/25 Intervals / Easy Run 1 mile warm up // 1 mile Race Pace // 1 mile cooldown (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 Jog 2 miles @ 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.	