



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