

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	-	Cross Train or Rest Day	Easy Run	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
-	Run 3 miles @ Easy Pace	Cross Training / Core Work /	Run 3 miles @ Easy Pace	Run 2-3 miles @ Easy Pace	Cross Training / Core Work /	Run 4 miles @ Easy Pace	Cross Training / Core Work
		Weight Training / Rest Day	(Run Muskegon meets at 6: 30pm!)	,	Weight Training / Rest Day		Weight Training / Rest Day
Week 2	Monday 4/14	Tuesday 4/15	Wednesday 4/16	Thursday 4/17	Friday 4/18	Saturday 4/19	Sunday 4/20
	Speed Work	Cross Train or Rest Day	Easy Run	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
11-12 miles	1 mile warm up // .5 mile tough, .5 mile easy, .5 mile tough // .5 mile cooldown	Cross Training / Core Work / Weight Training / Rest Day	Run 3 miles @ Easy Pace (Run Muskegon meets at 6: 30pm!)	Run 2-3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 3	Monday 4/21	Tuesday 4/22	Wednesday 4/23	Thursday 4/24	Friday 4/25	Saturday 4/26	Sunday 4/27
April 21-27	Fartlek	Cross Train or Rest Day	Easy Run	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
	1 mile warm up // 4x .25 tough, .25 easy // 1 mile cooldown (4 miles total)	Cross Training / Core Work / Weight Training / Rest Day	Run 3 miles @ Easy Pace (Run Muskegon meets at 6: 30pm!)	Run 2-3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 4 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day
Week 4	Monday 4/28	Tuesday 4/29	Wednesday 4/30	Thursday 5/1	Friday 5/2	Saturday 5/3	Sunday 5/4
April 28-May 4	Race Pace	Cross Train or Rest Day	Easy Run	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
	1 mile warm up // 1 mile Race Pace // 1 mile cooldown	Cross Training / Core Work / Weight Training / Rest Day	Run 3-4 miles @ Easy Pace (Run Muskegon meets at 6: 30pm!)	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 4 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Cross Training / Core Work / Weight Training / Rest Day
Week 5	Monday 5/5	Tuesday 5/6	Wednesday 5/7	Thursday 5/8	Friday 5/9	Saturday 5/10	Sunday 5/11
	Speed Work	Cross Train or Rest Day	Easy Run	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
13-14 miles	1 mile warm up // 1-2 miles tough // 1 mile cooldown	Cross Training / Core Work / Weight Training / Rest Day	Run 3-4 miles @ Easy Pace (Run Muskegon meets at 6: 30pm!)	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 4 miles @ Easy Pace (Group Run @ Coffee Factory)	Cross Training / Core Work Weight Training / Rest Day
Week 6	Monday 5/12	Tuesday 5/13	Wednesday 5/14	Thursday 5/15	Friday 5/16	Saturday 5/17	Sunday 5/18
May 12-18	Race Pace	Cross Train or Rest Day	Easy Run	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
15 miles	1 mile warm up // 2 miles Race Pace // 1 mile cooldown	Cross Training / Core Work / Weight Training / Rest Day	Run 3-4 miles @ Easy Pace (Run Muskegon meets at 6: 30pm!)	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 5 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Cross Training / Core Work Weight Training / Rest Day
Week 7	Monday 5/19	Tuesday 5/20	Wednesday 5/21	Thursday 5/22	Friday 5/23	Saturday 5/24	Sunday 5/25
-	Tempo Run	Cross Train or Rest Day	Easy Run	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
14-16 miles	1 mile warm up // 2 miles tempo pace // 1 mile cooldown	Cross Training / Core Work / Weight Training / Rest Day	Run 3-4 miles @ Easy Pace (Run Muskegon meets at 6: 30pm!)	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 4-5 miles @ Easy Pace	Cross Training / Core Work Weight Training / Rest Day
Week 8	Monday 5/26	Tuesday 5/27	Wednesday 5/28	Thursday 5/29	Friday 5/30	Saturday 5/31	Sunday 6/1
May 26-June 1	Speed Work	Cross Train or Rest Day	Easy Run	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
16 miles	1 mile warm up // 2x .5 mile tough, .5 mile easy // 1 mile cooldown	Cross Training / Core Work / Weight Training / Rest Day	Run 4 miles @ Easy Pace (Run Muskegon meets at 6: 30pm!)	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 5 miles @ Easy Pace (Community Run @ Coffee Factory, 8:00am)	Cross Training / Core Work Weight Training / Rest Day
Week 9	Monday 6/2	Tuesday 6/3	Wednesday 6/4	Thursday 6/5	Friday 6/6	Saturday 6/7	Sunday 6/8
	Tempo Run	Cross Train or Rest Day	Easy Run	Easy Run	Cross Train or Rest Day	Long Run, Fast Finish	Cross Train or Rest Day
16-17 miles	1 mile warm up // 2 miles tempo pace // 1 mile cooldown	1	Run 4-5 miles @ Easy Pace (Run Muskegon meets at 6: 30pm!)	Run 3 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 5 miles @ Easy Pace // Run 2 miles tough (Group Run @ Coffee Factory)	Cross Training / Core Work Weight Training / Rest Day
Week 10	Monday 6/9	Tuesday 6/10	Wednesday 6/11	Thursday 6/12	Friday 6/13	Saturday 6/14	Sunday 6/15
June 9-15	Race Pace	Cross Train or Rest Day	Easy Run	Easy Run	Cross Train or Rest Day	Long Run, Fast Finish	Cross Train or Rest Day
17-19 miles	1 mile warm up // 2-3 miles race pace // 1 mile cooldown	Cross Training / Core Work / Weight Training / Rest Day	Run 4-5 miles @ Easy Pace (Run Muskegon meets at 6: 30pm!)	Run 4 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 3 miles @ Easy Pace // Run 2 miles tough (Coffee Factory @ 8am)	Cross Training / Core Work Weight Training / Rest Day
Week 11	Monday 6/16	Tuesday 6/17	Wednesday 6/18	Thursday 6/19	Friday 6/20	Saturday 6/21	Sunday 6/22
June 16-22			Easy Run	Easy Run	Cross Train or Rest Day	Long Run	Cross Train or Rest Day
15 miles	1 mile warm up // 2-3 miles Race Pace // 1 mile cooldown	Weight Training / Rest Day	Run 4-5 miles @ Easy Pace (Run Muskegon meets at 6: 30pm!)	Run 4 miles @ Easy Pace	Cross Training / Core Work / Weight Training / Rest Day	Run 3 miles @ Easy Pace	Cross Training / Core Work Weight Training / Rest Day
Week 12	Monday 6/23	Tuesday 6/24	Wednesday 6/25	Thursday 6/26	Friday 6/27	Saturday 6/28	Sunday 6/15
	1 mile warm up // 1 mile Race Pace // 1 mile cooldown	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!
FINITIONS -	Easy Pace - Slow enough	Tempo Run - Ideally 1	Race Pace - The speed you	Hill Repeat - Run uphill at a	Cross Training - An	Tough - An effort that	<u>Fartlek</u> - Literally "spee
a statement of the exact meaning of a	that you speak in full sentences and hold a conversation with someone.	minute faster than your anticipated Race Pace, could also be seen as "Tough"		hard effort for 30 seconds, then jog back down.	exercise outside of running (le: cycling, swimming, yoga, weight training)	makes you a little uncomfortable with the pace, could also be seen as "Tempo"	play" in Swedish, just varying the tempo of your run between faster efforts and recovery periods.