

*Become a smarter, faster, stronger, healthier runner*

# THE RUNNER'S TOOLBOX

*jaci wilson runs*

**MNRun**  
series

*#thelittlethingsarebigthings*



## THE PLAN: APRIL 2024

INTERMEDIATE PLAN



How can you show up as your best self in April? How would the runner you want to be show up? Show up as that runner! And remember to have fun!


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# APRIL WEEK 1 (April 1-7)

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## RACE WEEK

	RUN/WORKOUT	NOTES
<b>MONDAY</b> 4/1	Strength Week 3 Day 4 (3x8)	No weights - band work ONLY during race week
<b>TUESDAY</b> 4/2	15-20min warm-up (easy) 6x strides 3x800m @ goal race pace w/ 1min walking recovery in between 10min cooldown (easy)	Don't try to blast these! This is just to give your legs some pop leading up to Sunday's race!
<b>WEDNESDAY</b> 4/3	Mobility work	The goal today is to rest for race day. Mobility work will keep your body loose and your muscles ready/engaged. Focus on nutrition and hydration today.
<b>THURSDAY</b> 4/4	20-30min easy run	KEEP. IT. EASY. Running longer and/or hard will only take away from Sunday.
<b>FRIDAY</b> 4/5	REST DAY	Focus on rest, nutrition, and hydration today! Get everything ready for race day so you are less stressed tomorrow!
<b>SATURDAY</b> 4/6	2mi shakeout run 4x strides	KEEP THIS VERY EASY! This is just to shake out your legs. The strides will help your leg turnover tomorrow. Focus on hydration and nutrition today. Early to bed.
<b>SUNDAY</b> 4/7	RACE DAY! 	HAVE FUN AND STAY IN THE SMILE ZONE! Remember - don't start out too fast, relax, and remove all pressures & expectations.

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# APRIL WEEK 2 (April 8-14)

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## This week's training:

Training this week will vary for everyone depending on IF and how you raced Goldy's.

IF you raced Sunday and give the race your all, take the entire week off. Your body needs the rest. You can get significant gains from a race IF you follow it up with proper rest. You will NOT lose fitness, you'll only benefit from it. Going for walks, doing yoga, etc. is okay - just don't do anything taxing like HIIT, running, etc.

If you ran Goldy's and/or used it as a workout for another race, but didn't run all out, take a couple rest days and then get back to training. Take this week easy and resume speedwork next week.

If you ran Goldy's for fun and your effort level wasn't high, continue on with your training.

## Also note:

The Human Powered Half race weekend has been moved to June 24th. If you have been training for one of these distances, take a cutback week and then resume training. What you do for the next 12 weeks will **vary depending** on your goals. In general, taking a cutback week (or two) will allow your body to recover from the work you have been putting in, and then you can resume training. If you are following a training plan, you can count backwards and start 12 weeks out from race day. For example, if you are following a 16 week plan, take a recovery week this week, then start with week 6 of your training plan (11 weeks remain).

If you are looking for help with training, please fill out [this form](#). Remember, EVERYONE can and will benefit from working with a coach! Working with a coach provides you accountability, reduces decision fatigue and frees up mental capacity, helps you see more progress than you can see with doing it yourself, and ensures that you are training PROPERLY to help you continue to train STRONG and INJURY-FREE.

If you want to schedule a free 15min chat with me, schedule a time [here](#).

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# APRIL WEEK 2 (April 8-14)

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	<b>RUN/WORKOUT</b>	<b>NOTES</b>
<b>MONDAY</b> 4/8	REST DAY	Celebrate your wins from yesterday! Did you have fun? What went well?
<b>TUESDAY</b> 4/9	REST DAY	If you used Sunday as a workout for an upcoming race and your legs still feel tired, take today off. If you are feeling good, do an easy 30min run.
<b>WEDNESDAY</b> 4/10	Strength Week 4 Day 4 (2x12)	Don't rush these moves. Focus on the mind-muscle connection.
<b>THURSDAY</b> 4/11	30min easy run	KEEP. IT. EASY. Even if you feel good, your body is still recovering at a cellular level!
<b>FRIDAY</b> 4/12	Strength Week 4 Day 2 (2x12)	Last lift of this round! What strength gains have you seen?
<b>SATURDAY</b> 4/13	6-7 mile long run	Think about your fueling and hydration during Goldy's - what needs to be changed? What can you do better? What will benefit you more next time?
<b>SUNDAY</b> 4/14	REST DAY	Let your body recover! Make sure to eat enough too. Rest day nutrition helps your body recover, BUT it also fuels tomorrow!

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# APRIL WEEK 3 (April 15-21)

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## RUN/WORKOUT

## NOTES

**MONDAY**  
4/15

15min warm-up (easy)  
6x strides  
4x800m @ 10K pace w/ 1min walking recovery  
10min cooldown (easy)

Run these 800s at 10K pace, don't blast them. The recovery is short so your heart-rate will get uncomfortable. Push through that feeling.

**TUESDAY**  
4/16

Strength Week 1 Day 2 (2x12)

Since you had a speed workout yesterday, do upper body today to give your legs some rest.

**WEDNESDAY**  
4/17

40min easy run

Just a straightforward easy run!  
Remember, you should feel like you can run at this effort/pace for a long time!

**THURSDAY**  
4/18

Strength Week 1 Day 1 (2x12)

Don't skip leg day! Running does NOT make you stronger. You need weights to stay injury-free and to get stronger.

**FRIDAY**  
4/19

3mi easy run  
4x strides

KEEP IT EASY so that you have the strength and energy for your long run.

**SATURDAY**  
4/20

8 mile long run

Long runs will continue to build for Human Powered Health. Focus on one mile at a time as they get longer or we incorporate work into them.

**SUNDAY**  
4/21

REST DAY

Rest is essential for getting stronger!  
Appreciate everything your body does for you!

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# APRIL WEEK 4 (April 22-28)

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## RUN/WORKOUT

## NOTES

**MONDAY**  
4/22

20min warm-up (easy)  
30min steady state  
10min cooldown (easy)

I want you to focus on effort. These 30 minutes will be at a moderate effort level - faster than an easy pace/easy effort run, but it shouldn't leave you utterly exhausted.

**TUESDAY**  
4/23

Strength Week 2 Day 2 (3x8)

Don't forget to track your weights so you know what weights to start with each session!

**WEDNESDAY**  
4/24

20min warm-up (easy)  
5x 30sec uphill @ 5k effort w/  
2min recovery (walk down)  
10min cooldown (easy)

Focus on the mile/hill/rep you are in - take it one rep at a time. Stay mentally strong. Focus on your form.

**THURSDAY**  
4/25

Strength Week 2 Day 1 (3x8)

How are your legs feeling? Are they recovered from Monday's workout? Can you increase your weights from last week?

**FRIDAY**  
4/26

3mi easy run  
4x strides

KEEP IT EASY EFFORT.

**SATURDAY**  
4/27

10 mile easy-effort long run  
with 2mi fast finish

Keep your pace/effort easy for the first eight miles. Run the last two miles 1min/mi faster than the first eight.

**SUNDAY**  
4/28

REST DAY

Train hard, recover harder! Rest days are essential!

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# APRIL WEEK 5 (April 29-May 5)

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## RUN/WORKOUT

## NOTES

**MONDAY**  
4/29

15min warm-up (easy)  
6x strides  
4x1mi @ goal HMP w/ 1min walking recovery  
10min cooldown (easy)

Don't go out too fast. Just focus on running goal race pace. Since this workout is focused on goal half marathon pace, not 5K or 10K pace, you should be able to recover pretty quickly in the 1 minute walk.

**TUESDAY**  
4/30

Strength Week 3 Day 2 (3x8)

Focus on the mind-muscle connection. Keep your core engaged.

**WEDNESDAY**  
5/1

20min warm-up (easy)  
40min steady state  
10min cooldown (easy)

Same as a few weeks ago - I want you to focus on effort. These 40 minutes will be at a moderate effort level - faster than an easy pace/easy effort run, but it shouldn't leave you utterly exhausted.

**THURSDAY**  
5/2

Strength Week 3 Day 1 (3x8)

You can switch this workout for band work if your legs are feeling tired

**FRIDAY**  
5/3

3mi easy run  
4x strides

KEEP IT EASY EFFORT.

**SATURDAY**  
5/4

3mi easy warm-up  
4mi @ goal race pace  
3mi easy cooldown

Remember to bring fuel and hydration with you! Fuel every 30min starting with the first 30min. Stay focused during your 4mi block.

**SUNDAY**  
5/5

REST DAY

Rest days make you stronger! Make sure to stay fueled and hydrated so you can crush tomorrow's speed workout!