

Become a smarter, faster, stronger, healthier runner

THE RUNNER'S TOOLBOX

jaci wilson runs

MNRun
series

#thelittlethingsarebigthings



THE PLAN: NOVEMBER 2024

INTERMEDIATE PLAN



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

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NOVEMBER WEEK 1 (Oct 28–Nov 3)

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RECOVERY WEEK

MONDAY
10/28

Enjoy the week off from running! Let your body heal on the inside and build back stronger. Races can be huge fitness boosters, but we need to allow for recovery in order to experience the boost!

TUESDAY
10/29

Going for walks this week will help work out some of the soreness/stiffness and will give you some light movement. Yoga is also a good option. Avoid doing anything taxing. Watch the NYC Marathon on Sunday!

WEDNESDAY
10/30

THURSDAY
10/31

Don't worry about losing any running fitness during this recovery period. It's much more important to properly recover so you can train even harder during your next training cycle.

FRIDAY
11/1

SATURDAY
11/2

If you don't let yourself recover now, you'll simply have to back off your workouts when it matters and risk injury and/or overtraining.

SUNDAY
11/3

AND, again, you won't lose much fitness at all, if any. Most times you'll come back stronger after the recovery period.

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NOVEMBER WEEK 2 (Nov 4-10)

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WITH COLD WEATHER HERE, CHECK OUT COACH JACI'S [INSTAGRAM](#) AND [WEBSITE](#) FOR WINTER/COLD WEATHER RUNNING TIPS.

RUN/WORKOUT

NOTES

MONDAY
11/4

30min easy run

Back at it after a full week of recovery after the Halloween races! Now you are reverse tapering so you will ease back into mileage and workouts.

TUESDAY
11/5

Strength 2 Week 4 Day 2 (2x12)

Track those weights and keep increasing when you can! Even if it's for one rep!

WEDNESDAY
11/6

45min easy run

It's important to keep your first week back to running at an easy-effort (conversational pace) to promote recovery, allow your body to adjust to the stress of running again, and to be ready for the Turkey Trot!

THURSDAY
11/7

Strength 2 Week 4 Day 1 (2x12)

Look how far you have come since you started consistently lifting and tracking!

FRIDAY
11/8

2mi easy run
4x strides

KEEP IT EASY EFFORT.

SATURDAY
11/9

6 mile easy-effort long run

This is your first long run back since race day. Keep it easy! We KNOW you can run faster for these shorter long runs, but it's important to keep it at a conversational pace and to build up mileage again.

SUNDAY
11/10

REST DAY

Embrace this rest day!

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NOVEMBER WEEK 3 (Nov 11-17)

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RUN/WORKOUT

NOTES

MONDAY
11/11

30min easy run

Keep today at a conversational pace!

TUESDAY
11/12

Strength 2 Week 1 Day 2 (2x12)

Next round of lifting!

WEDNESDAY
11/13

15min warm-up (easy)
4x strides
8x400m @ goal 5K pace w/ 200m walking recovery
10min cooldown (easy)

Don't start out too fast with these 400s. I'd rather you start out slower and run the 400s consistently than to start out too fast and have each rep get slower. If your legs still don't feel fresh from race day, take today off or do an easy run.

THURSDAY
11/14

Strength 2 Week 1 Day 1 (2x12)

Remember to track your weights! Look how far you have come since you started consistently lifting and tracking!

FRIDAY
11/15

3mi easy run
4x strides

KEEP IT EASY EFFORT.

SATURDAY
11/16

7 mile easy-effort long run

Just like we are building back overall mileage and adding in a speed workout this week, we are also building back your long runs!

SUNDAY
11/17

REST DAY

Embrace this rest day!

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NOVEMBER WEEK 4 (Nov 18-24)

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RUN/WORKOUT

NOTES

MONDAY
11/18

4mi easy run
4x strides

Keep today easy effort. Remember that strides include both the acceleration and deceleration.

TUESDAY
11/19

Strength 2 Week 2 Day 2 (3x8)

Remember to track your weights!

WEDNESDAY
11/20

15min warm-up (easy)
4x strides
6x200m @ goal 5K pace w/ 200m walking recovery
10min cooldown (easy)

You should be able to find some speed today - aim for 5K pace, BUT do NOT blast these! These 200s should feel light and easy.

THURSDAY
11/21

Strength 2 Week 2 Day 1 (3x8)

Can you increase your weights from last week? Are you fueling and hydrating enough this week to promote recovery and to fuel your runs and lifts?

FRIDAY
11/22

2mi easy run
4x strides

KEEP IT EASY EFFORT.

SATURDAY
11/23

8 mile easy-effort long run

Keep it easy. Practice what you will be wearing on Thursday for the Turkey Trot!

SUNDAY
11/24

REST DAY

Embrace this rest day!

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NOVEMBER WEEK 5 (Nov 25-Dec 1)

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RACE WEEK!

RUN/WORKOUT

NOTES

MONDAY
11/25

15min warm-up (easy)
10x1min on/1min off (walk)
10min cooldown (easy)

Do NOT blast this fartlek. Today is merely about getting some leg turnover before race day. Keep it fast but relaxed - this is not an all-out sprint. It shouldn't be taxing. Walk the "off"/recoveries.

TUESDAY
11/26

Mobility

Get everything ready TODAY for race day. Remember to stay well hydrated and fueled.

WEDNESDAY
11/27

2mi easy shakeout run
6x strides

Keep today very easy! No need to run fast during the 2 mile shakeout. Save it for tomorrow!

THURSDAY
11/28



RACE DAY!!!

Have fun this morning! Remember that you do NOT need to earn your food today. You don't need to run extra miles. Have fun with the race and enjoy your day today! Good luck!

FRIDAY
11/29

FULL REST DAY

Celebrate all that your body does for you! Rest days allow for recovery and for getting stronger!

SATURDAY
11/30

30-45min easy run

Keep it easy to promote recovery! Or take a rest day.

SUNDAY
12/1

FULL REST DAY

You get stronger on rest days, not when running. Take rest days seriously!

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