

Become a smarter, faster, stronger, healthier runner

THE RUNNER'S TOOLBOX

jaci wilson runs

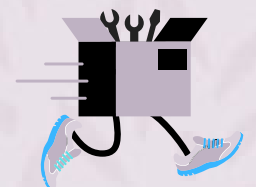
MNRun
series

#thelittlethingsarebigthings



THE PLAN: MARCH 2024

BEGINNER PLAN



**THE RUNNER'S
TOOLBOX**

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

MN RUN Series
JACIWILSONRUNS.COM

THE RUNNER'S TOOLBOX: MN RUN SERIES

MARCH WEEK 1 (Feb 26-March 3)

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| | RUN/WORKOUT | NOTES |
|--------------------------|---|--|
| MONDAY 2/26 | 10min warm-up (easy) 4x strides 10x200m w/ 200m walking recovery in between reps 10min cooldown (easy) | This is similar to last month, but with 2 more reps. Remember to keep your form controlled. Stay on your toes. Do you feel stronger than last month? |
| TUESDAY 2/27 | Strength Week 3 Day 2 (3x8) | Make sure you are refueling after you lift. |
| WEDNESDAY 2/28 | 10min walking warm-up 35min easy run 4x strides | KEEP IT EASY EFFORT! Walking is time on your feet and will help build your mileage - it all adds up! |
| THURSDAY 2/29 | Strength Week 3 Day 1 (3x8) | Keep being consistent in your lifts to build strength and stay injury free. |
| FRIDAY 3/1 | 5min walking warm-up 20min easy run 4x strides | KEEP IT EASY EFFORT. You want energy and fresh legs for tomorrow's long run. |
| SATURDAY 3/2 | 10min walking warm-up 5.5mi easy long run | Keep your mind sharp and relax your body today! Walk when needed to keep your heart-rate at an easy effort level. |
| SUNDAY 3/3 | REST | Rest is essential for getting stronger! |

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MARCH WEEK 2 (March 4-10)

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| | RUN/WORKOUT | NOTES |
|-------------------------|---|--|
| MONDAY 3/4 | 10min warm-up (easy) 2x1mi w/ 2min walking recovery 10min cooldown (easy) | Remember to practice your nutrition during higher intensity runs - this workout would make great practice. Focus on the mile you are in - take it one rep at a time. Stay mentally strong. What mantras can you use? |
| TUESDAY 3/5 | Strength Week 4 Day 2 (2x12) | Another round of strength training! Remember to track your weights so you continue to see progress over time. |
| WEDNESDAY 3/6 | 10min walking warm-up 35min easy run 6x strides | Longest weekday run so far! KEEP IT EASY EFFORT! |
| THURSDAY 3/7 | Strength Week 4 Day 1 (2x12) | Are you pushing yourself? The last 2-3 reps should be hard, but doable with good form. If you can get them all done without a push, you need to increase your weights! |
| FRIDAY 3/8 | 5min walking warm-up 20min easy run 4x strides | KEEP IT EASY EFFORT. |
| SATURDAY 3/9 | 10min walking warm-up 6mi easy long run | You should be fueling this long run! Have a plan - fuel and hydrate before, during, and after. |
| SUNDAY 3/10 | REST | Let your body recover. Don't cut out meals, calories, or carbs on your rest day - your body is working extra hard to recover! |

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MARCH WEEK 3 (March 11-17)

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| | RUN/WORKOUT | NOTES |
|--------------------------|--|---|
| MONDAY 3/11 | 15min warm-up (easy) 6x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy) | This is similar to last month. Power up that hill! |
| TUESDAY 3/12 | Strength Week 1 Day 2 (2x12) | Focus on the mind-muscle connection - are you engaging the muscles you should be using? |
| WEDNESDAY 3/13 | 10min walking warm-up 35min easy run 6x strides | KEEP IT EASY EFFORT. |
| THURSDAY 3/14 | Strength Week 1 Day 1 (2x12) | Keep being consistent in your lifts to build strength and stay injury free. |
| FRIDAY 3/15 | 5min walking warm-up 20min easy run 4x strides | Check in with yourself - are you actually keeping these run an easy-effort? Or are you running them too hard? |
| SATURDAY 3/16 | 10min walking warm-up 7mi easy long run | Longest run of this cycle! Keep your mind sharp. Focus on your form when you get tired. |
| SUNDAY 3/17 | REST | 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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MARCH WEEK 4 (March 18-24)

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GOLDY'S RUN PEAK WEEK

| | RUN/WORKOUT | NOTES |
|--------------------------|---|---|
| MONDAY 3/18 | 15min warm-up (easy) 20min steady state 10min cooldown (easy) | Find a pace that feels like the flow-state. This should be faster than an easy run but not as fast as your goal race pace. |
| TUESDAY 3/19 | Strength Week 2 Day 2 (2x12) | Can you increase your weights from last week since you are doing 8 reps instead of 12? |
| WEDNESDAY 3/20 | 15min warm-up (easy) 8x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy) | Same as last week but with two more reps. Last hill workout before race day! |
| THURSDAY 3/21 | Strength Week 2 Day 1 (2x12) | Keep being consistent in your lifts to build strength and stay injury free. |
| FRIDAY 3/22 | 5min walking warm-up 20min easy run 4x strides | Keep this VERY easy! Keeping today easy will save your legs for tomorrow! |
| SATURDAY 3/23 | 3mi easy warm-up 2mi @ goal race pace 1mi easy cooldown | Whether you are training for a 10 miler or half marathon, the middle block should be at your goal race pace. Do not run faster than goal race pace. |
| SUNDAY 3/24 | REST | 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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MARCH WEEK 5 (March 25-31)

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TAPER WEEK

| | RUN/WORKOUT | NOTES |
|--------------------------|--|---|
| MONDAY 3/25 | 10min warm-up (easy) 2x1mi @goal pace w/ 2min walking recovery 10min cooldown (easy) | Last big workout! Focus on running your goal pace for each mile. This workout is doable but hard since the rest is short between each rep. |
| TUESDAY 3/26 | Strength Week 3 Day 1 (3/8) | Lighten up on today's weights since race day is next week. |
| WEDNESDAY 3/27 | 10min walking warm-up 25min easy run 6x strides | This is a shorter run than last week but you still need to keep it easy effort! |
| THURSDAY 3/28 | Strength Week 3 Day 2 (3x8) | Get protein in right after your lift to help promote recovery. |
| FRIDAY 3/29 | 5min walking warm-up 15min easy run 4x strides | Last long run tomorrow! Use today as your last "day before race day" prep day to get your routine sorted out. |
| SATURDAY 3/30 | 10min walking warm-up 5mi easy long run | Keep this very easy. Remember, the work is done, this run is to keep you in routine. Practice running through your race day routine and make sure fuel, hydration, shoes and clothes are set! |
| SUNDAY 3/31 | REST | Let your body recover leading up to race week! Don't over-do anything! |