

Become a smarter, faster, stronger, healthier runner

THE RUNNER'S TOOLBOX

jaci wilson runs

MNRun
series

#thelittlethingsarebigthings



THE PLAN: FEBRUARY 2024 BEGINNER PLAN



How can you show up as your best self in February? 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

FEBRUARY WEEK 1 (Jan 29-Feb4)

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	RUN/WORKOUT	NOTES
MONDAY 1/29	10min warm-up (easy) 4x strides 10x60sec ON (fast), 60sec OFF (walking recovery) 10min cooldown (easy)	Focus on the interval you are in – take it one rep at a time. Stay mentally strong. What mantras can you use?
TUESDAY 1/30	Strength Week 4 Day 1 (2x12)	What strength gains are you noticing?
WEDNESDAY 1/31	10min walking warm-up 25min 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 2/1	Strength Week 4 Day 2 (2x12)	Look back at what you lifted in week 1. How much strength did you gain?
FRIDAY 2/2	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 2/3	10min walking warm-up 4.5mi easy long run	Do you need to bring fuel or hydration on this run? How can you support your body? Remember to walk when needed.
SUNDAY 2/4	REST	Let your body recover! You get stronger when you rest and recover!

* If you don't have access to a treadmill and/or plan to run outside through the winter and don't have dry/safe roads to run fast, keep your running easy and focus on building your aerobic base.

** If you want to lift 3-4 days a week, I recommend adding in lifts on Monday and/or Friday.

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FEBRUARY WEEK 2 (Feb 5-11)

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	RUN/WORKOUT	NOTES
MONDAY 2/5	15min warm-up (easy) 6x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	Focus on your cadence, posture, and arm drive. The hill sprints should be around 5k effort. If you are using a treadmill, set the incline between 3-6%.
TUESDAY 2/6	Strength Week 1 Day 2 (2X12)	Focus on the mind-muscle connection - are you engaging the muscles you should be using?
WEDNESDAY 2/7	10min walking warm-up 25min easy run 4x strides	KEEP IT EASY EFFORT. It should feel like you can run for a LONG time!
THURSDAY 2/8	Strength Week 1 Day 1 (2x12)	Keep being consistent in your lifts to build strength and stay injury free.
FRIDAY 2/9	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 2/10	10min walking warm-up 5mi easy long run	Make sure to get a good warm-up in. You should be in a good routine now!
SUNDAY 2/11	REST	Let your body recover

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FEBRUARY WEEK 3 (Feb 12-18)

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CUTBACK WEEK

	RUN/WORKOUT	NOTES
MONDAY 2/12	10min warm-up (easy) 5x30sec ON (fast), 60sec OFF (walking recovery) 10min cooldown (easy)	Walk the recoveries so you can go hard on the ON intervals. You did this workout last month. Could you push harder during your intervals?
TUESDAY 2/13	Strength Week 2 Day 4 (3x8)	Since this is a cutback week, we're giving your legs a break from heavy lifting.
WEDNESDAY 2/14	10min walking warm-up 20min easy run 4x strides	Keep today EASY. We want to promote recovery during this cutback week.
THURSDAY 2/15	Mobility & Core	You need both strength and range of motion - a tight muscle is NOT a strong muscle. Mobility work is important.
FRIDAY 2/16	5min walking warm-up 15min easy run 4x strides	KEEP IT EASY EFFORT. You want energy and fresh legs for tomorrow's long run.
SATURDAY 2/17	10min walking warm-up 4mi easy long run	A cutback in today's long run as well to promote recovery this week!
SUNDAY 2/18	REST	You get stronger and faster when you rest!

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FEBRUARY WEEK 4 (Feb 19-25)

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	RUN/WORKOUT	NOTES
MONDAY 2/19	15min warm-up (easy) 6x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	Same as two weeks ago but with one more hill rep! Finish the last one strong!
TUESDAY 2/20	Strength Week 2 Day 2 (3x8)	Focus on the mind-muscle connection - are you engaging the muscles you should be using?
WEDNESDAY 2/21	10min walking warm-up 30min easy run 4x strides	KEEP IT EASY EFFORT.
THURSDAY 2/22	Strength Week 2 Day 1 (3x8)	Keep being consistent in your lifts to build strength and stay injury free.
FRIDAY 2/23	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 2/24	10min walking warm-up 5mi easy long run	Keep thinking about and practicing your fueling & hydration strategy for long runs and races.
SUNDAY 2/25	REST	Let your body recover

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FEBRUARY WEEK 5 (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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