

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

# THE RUNNER'S TOOLBOX

*jaci wilson runs*

**MNRun**  
series

*#thelittlethingsarebigthings*



## THE PLAN: OCTOBER 2025

INTERMEDIATE PLAN



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

MN RUN Series  
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THE RUNNER'S TOOLBOX: MN RUN SERIES

# OCTOBER WEEK 1 (Sept 29-Oct 5)

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	RUN/WORKOUT	NOTES
<b>MONDAY</b> 9/29	4mi easy run 4x strides	Focus on your form during strides.
<b>TUESDAY</b> 9/30	Strength 2 Week 1 Day 2 (2x12)	Another round of weight lifting! Keep up the great consistency with keeping your body strong and injury free!
<b>WEDNESDAY</b> 10/1	15min warm-up (easy) 40min steady state 10min cooldown (easy)	You've done this workout before - 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.
<b>THURSDAY</b> 10/2	Strength 2 Week 1 Day 1 (2x12)	Remember to track your weights!
<b>FRIDAY</b> 10/3	3mi easy run 4x strides	Keep it easy! Stay well hydrated and fueled for tomorrow's long run!
<b>SATURDAY</b> 10/4	4mi easy warm-up 4mi @ 15sec faster than goal race pace 2mi easy cooldown	Think about your fueling and hydration during Elm Creek - what needs to be changed? What can you do better? What will benefit you more next time during the Halloween race?
<b>SUNDAY</b> 10/5	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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# OCTOBER WEEK 2 (Oct 6-12)

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	RUN/WORKOUT	NOTES
<b>MONDAY</b> 10/6	5mi easy run 4x strides	Keep it easy!
<b>TUESDAY</b> 10/7	Strength 2 Week 2 Day 2 (3x8)	Can you increase your weights from last week since each set is less reps?
<b>WEDNESDAY</b> 10/8	15min warm-up (easy) 2 x 2mi @ Goal HM pace w/ 0.5mi recovery jog 10min cooldown (easy)	You've done this workout before! Focus on locking into what half marathon pace (or race pace for the distance you are training for) feels like. Yes you are aiming for a pace, but you should know what the effort feels like.
<b>THURSDAY</b> 10/9	Strength 2 Week 2 Day 1 (3x8)	Remember to track your weights!
<b>FRIDAY</b> 10/10	3mi easy run 4x strides	Keep it easy! Stay well hydrated and fueled for tomorrow's long run!
<b>SATURDAY</b> 10/11	6mi easy warm-up 5mi progression with the last mile at goal race pace 1mi easy cooldown	Keep the easy parts VERY easy so you have the energy to do the progression strong. Run each mile in the progression 15sec faster than the previous. End with your 5th mile of the progression being at goal race pace.
<b>SUNDAY</b> 10/12	REST DAY	Let your body recover! Rest days in between two big races are even more important to make sure you are properly recovering and aren't overtraining.

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# OCTOBER WEEK 3 (Oct 14-20)

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	RUN/WORKOUT	NOTES
<b>MONDAY</b> <b>10/13</b>	15min warm-up (easy) 6x strides 5x1mi @ slightly faster than goal race pace w/ 1min walking recovery 10min cooldown (easy)	This is your last big workout before race day! Don't go out super fast. Just focus on being a little faster than goal race pace. How does this workout feel different than in your build-up to Elm Creek?
<b>TUESDAY</b> <b>10/14</b>	Strength 2 Week 3 Day 1 (2x12)	Lower body and upper body lifts are flipped this week to give your body plenty of time to recover for race day.
<b>WEDNESDAY</b> <b>10/15</b>	15min warm-up (easy) 10x1min ON, 1min recovery jog 10min cooldown (easy)	Just a straight forward fartlek workout. Run based on effort and don't go 100% out now that you're inside 2 weeks of race day. I want you to alternate between easy running and a pace slightly faster. This is just to remind your legs how to turnover.
<b>THURSDAY</b> <b>10/16</b>	Strength 2 Week 3 Day 2 (2x12)	Last day of lifting weights before race day!
<b>FRIDAY</b> <b>10/17</b>	3mi easy run 4x strides	KEEP IT EASY EFFORT. Your legs may be feeling fresh but you can overdo it. Don't overdo it before race day!
<b>SATURDAY</b> <b>10/18</b>	6 mile easy effort long run	Keep today VERY easy! This run is merely to keep your routine. Finalize the clothes and shoes you plan to wear on race day and visualize yourself running your race!
<b>SUNDAY</b> <b>10/19</b>	REST DAY	Let your body recover. You do NOT need to do more leading up to race day. Now is not the time to try and cram in more training. Less is more right now. Stay well fueled and hydrated!



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# OCTOBER WEEK 4 (Oct 20-26)

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	RUN/WORKOUT	NOTES
<b>MONDAY</b> 10/20	15-20min warm-up (easy) 6x strides 4x800m @ 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 Saturday's race!
<b>TUESDAY</b> 10/21	Strength 2 Week 1 Day 4 (2x12)	Race week means even more recovery! You can keep band work, mobility, and yoga in your routine.
<b>WEDNESDAY</b> 10/22	30min easy run	KEEP. IT. EASY. Running longer and/or hard will only take away from Saturday. Work on your mindset, confidence and belief!
<b>THURSDAY</b> 10/23	Mobility work	Remember nutrition and hydration are equally important during race week! Fuel your body! Get everything ready for race day TODAY so that tomorrow is less stressful and you can focus on resting and your mindset!
<b>FRIDAY</b> 10/24	2mi easy shakeout run 6x 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>SATURDAY</b> 10/25	  RACE DAY!	HAVE FUN AND STAY IN THE SMILE ZONE! Remember - don't start out too fast, relax, and remove all pressures & expectations.
<b>SUNDAY</b> 10/26	REST DAY	Celebrate all that you have accomplished!!!

# OCTOBER WEEK 5 (Oct 27–Nov 2)

*jaci wilson runs*

## RECOVERY WEEK

**MONDAY**  
10/27

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**  
10/28

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**  
10/29

**THURSDAY**  
10/30

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**  
10/31

**SATURDAY**  
11/1

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**  
11/2

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