

Become a smarter, faster, stronger, healthier runner

THE RUNNER'S TOOLBOX

jaci wilson runs

MN RUN
series

#thelittlethingsarebigthings



THE PLAN: MARCH 2025

INTERMEDIATE PLAN



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 24-March 3)

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CUTBACK WEEK

	RUN/WORKOUT	NOTES
MONDAY 2/24	15min warm-up (easy) 6x strides 12x200m 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.
TUESDAY 2/25	Strength Week 3 Day 2 (3x8) 30min easy run	Make sure you are refueling after you lift.
WEDNESDAY 2/26	20min warm-up (easy) 10x1min on, 1min off 10min cooldown (easy)	This fartlek is very similar to 2 weeks ago BUT twice as long. Make sure to adjust your effort in the beginning so that you aren't exhausted at rep 5.
THURSDAY 2/27	Strength Week 3 Day 1 (3x8)	Keep being consistent in your lifts to build strength and stay injury free.
FRIDAY 2/28	30min easy run 4x strides	KEEP IT EASY EFFORT. You want energy and fresh legs for tomorrow's long run.
SATURDAY 3/1	3mi easy warm-up 3mi @ goal race pace 3mi easy cooldown (continuous run)	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 3/2	REST	Let your body recover!

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MARCH WEEK 2 (March 3-9)

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RUN/WORKOUT

NOTES

MONDAY
3/3

20min warm-up (easy)
6x 30sec uphill @ 5k effort w/
2min recovery (walk down)
10min cooldown (easy)

Hill repeats will help you on race day at Goldy's! Stay mentally strong. What mantras can you use?

TUESDAY
3/4

Strength Week 4 Day 2 (2x12)
35min easy run

Another round of strength training!
Remember to track your weights so you continue to see progress over time.

WEDNESDAY
3/5

15min warm-up (easy)
1.5mi @ 10K pace, 3min slow jog
1mi @ 10k pace
10min cooldown (easy)

Remember to practice your nutrition during higher intensity runs - this workout would make great practice. This run teaches you to run fast on tired legs after a break that will fatigue your legs.

THURSDAY
3/6

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
3/7

30min easy run
4x strides

KEEP IT EASY EFFORT.

SATURDAY
3/8

12mi easy long run

You definitely should be fueling this long run! Have a plan - fuel and hydrate before, during, and after.

SUNDAY
3/9

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 10-16)

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RUN/WORKOUT

NOTES

MONDAY
3/10

15min warm-up (easy)
5x1K @5K pace w/ 2min walking recovery
10min cooldown (easy)

1K's are tough but you can do it! Stay focused on the rep you are in and stay relaxed. Where does your mind go when it gets tough? Practice your mantras.

TUESDAY
3/11

Strength Week 1 Day 2 (2x12)
40min easy run

Focus on the mind-muscle connection - are you engaging the muscles you should be using?

WEDNESDAY
3/12

30min warm-up (easy)
8x 30sec uphill @ 5k effort w/
2min recovery (walk down)
10min cooldown (easy)

This is similar to last Monday, but the warm-up and cooldown are different lengths AND you have 2 more hill reps.

THURSDAY
3/13

Strength Week 1 Day 1 (2x12)

Keep being consistent in your lifts to build strength and stay injury free.

FRIDAY
3/14

35min 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
3/15

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

This is just like 2 weeks ago, but you have one more mile in your tempo block. Remember to keep your mind strong and focus on your form.

SUNDAY
3/16

REST

Let your body recover - peak week is coming up! Make sure to eat enough too.

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MARCH WEEK 4 (March 17-23)

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GOLDY'S RUN PEAK WEEK

	RUN/WORKOUT	NOTES
MONDAY 3/17	20min warm-up (easy) 30min 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 3/18	Strength Week 2 Day 2 (2x12) 40min easy run	Can you increase your weights from last week since you are doing 8 reps instead of 12?
WEDNESDAY 3/19	30min warm-up (easy) 10x 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 3/20	Strength Week 2 Day 1 (2x12)	Keep being consistent in your lifts to build strength and stay injury free.
FRIDAY 3/21	35min easy run 4x strides	Keep this VERY easy! Keeping today easy will save your legs for tomorrow!
SATURDAY 3/22	3mi easy warm-up 2mi @ goal race pace 2mi @ 10sec faster than goal race pace 2mi easy cooldown	Similar to last week but you have two miles slightly faster than race pace. This teaches you to stay mentally engaged and mimics the second half of the race when your effort level is higher.
SUNDAY 3/23	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 24-30)

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TAPER WEEK

RUN/WORKOUT

NOTES

MONDAY
3/24

15min warm-up (easy)
4x1mi @goal pace w/ 1min walking recovery
10min cooldown (easy)

Don't go out too fast. You have 4 reps to do. Focus on running your goal pace for each mile. This workout is doable but hard since the rest is short between each rep.

TUESDAY
3/25

Strength Week 3 Day 1 (3x8)

Notice there is no run today since you are now tapering. Also, lighten up on today's weights.

WEDNESDAY
3/26

20min warm-up (easy)
5x1min on/1min off
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.

THURSDAY
3/27

Strength Week 3 Day 2 (3x8)

Get protein in right after your lift to help promote recovery.

FRIDAY
3/28

20min 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
3/29

6mi 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
3/30

REST


Let your body recover leading up to race week! Don't over-do anything!

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MARCH WEEK 6 (March 31–April 6)

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RACE WEEK

	RUN/WORKOUT	NOTES
MONDAY 3/31	Strength Week 3 Day 4 (3x8)	No weights – band work ONLY during race week
TUESDAY 4/1	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!
WEDNESDAY 4/2	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.
THURSDAY 4/3	20–30min easy run	KEEP. IT. EASY. Running longer and/or hard will only take away from Sunday.
FRIDAY 4/4	REST DAY	Focus on rest, nutrition, and hydration today! Get everything ready for race day so you are less stressed tomorrow!
SATURDAY 4/5	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.
SUNDAY 4/6	RACE DAY! 	HAVE FUN AND STAY IN THE SMILE ZONE! Remember – don't start out too fast, relax, and remove all pressures & expectations.