

Become a smarter, faster, stronger, healthier runner

THE RUNNER'S TOOLBOX

jaci wilson runs

MNRun
series

#thelittlethingsarebigthings



THE PLAN: AUGUST 2025 INTERMEDIATE PLAN



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

AUGUST WEEK 1 (July 28–August 3)

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	RUN/WORKOUT	NOTES
MONDAY 7/28	5mi easy run	KEEP IT EASY!!! Remember that summer running with heat and humidity will feel different than a fall day.
TUESDAY 7/29	Strength 2 Week 4 Day 2 (2x12)	Can you increase your weights this week?
WEDNESDAY 7/30	25min warm-up (easy) 15min @ goal 5K pace 10min cooldown (easy)	Stay in the minute you are running. This is a great test before race day! Practice fueling during this 15min period since it is a higher intensity.
THURSDAY 7/31	Strength 2 Week 4 Day 1 (2x12)	Keep being consistent with your lifting
FRIDAY 8/1	2mi easy run 4x strides	KEEP IT EASY EFFORT.
SATURDAY 8/2	9mi easy long run	Remember to bring fuel and hydration with!
SUNDAY 8/3	REST DAY	As your mileage and training increase, rest days get even more important. Rest and recovery is a huge part to training!

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AUGUST WEEK 2 (August 4-10)

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	RUN/WORKOUT	NOTES
MONDAY 8/4	4mi easy run	KEEP IT EASY!!!
TUESDAY 8/5	Strength 2 Week 1 Day 2 (3x8)	We are repeating this program again so you can see your progress overtime! What weights did you lift in your first week of your first round? Where are you now? You'll see bigger gains in some moves over others.
WEDNESDAY 8/6	15min warm-up (easy) 4x strides 5x1000m @ goal 5K pace with 500m jogging recovery 10min cooldown (easy)	Last big workout before race day! Stay in the rep you are in - take it one rep at a time. Fuel and hydrate during these 1K repeats.
THURSDAY 8/7	Strength 2 Week 1 Day 1 (2x12)	Remember to track your weights!
FRIDAY 8/8	2mi easy run 4x strides	KEEP IT EASY EFFORT.
SATURDAY 8/9	5 mile easy long run	Finalize what you will wear for next weekend's race!
SUNDAY 8/10	REST DAY	Less than a week before RBC - this rest day is important for recovery!

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AUGUST WEEK 3 (August 11-17)

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RUN/WORKOUT

NOTES

MONDAY
8/11

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

Do NOT blast these! This is simply to keep your legs turning over - these 200s should feel light and easy.

TUESDAY
8/12

Strength 2 Week 1 Day 4 (2x12)

Band work is perfect for race week. Keep your routine with movement and keep your muscles engaged, but don't do anything taxing.

WEDNESDAY
8/13

30min easy run

Again, keep today very easy. Focus on hydration, nutrition, and getting to bed early!

THURSDAY
8/14

Mobility & Core

Keeping it light leading up to Saturday!

FRIDAY
8/15

2mi easy run
6x strides

KEEP IT VERY EASY leading up to tomorrow's race

SATURDAY
8/16



RACE DAY!

Make sure you get a good warm-up in before you start! Have fun and stay in the smile zone!

SUNDAY
8/17

REST DAY

Enjoy this rest day and celebrate yesterday's race with good nutrition, hydration, and rest before we get back to work for Elm Creek!

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AUGUST WEEK 4 (August 18-24)

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	RUN/WORKOUT	NOTES
MONDAY 8/18	FULL REST DAY	Today is another rest day to promote recovery. Races can be big fitness boosters, BUT they need adequate recovery time.
TUESDAY 8/19	40min easy run	If you are feeling fatigued and/or sore from Saturday, opt for a short walk instead of running.
WEDNESDAY 8/20	Mobility	Again, keep today very easy. Focus on hydration, nutrition, and getting to bed early!
THURSDAY 8/21	4mi easy run 4x strides	Keep this an easy effort run.
FRIDAY 8/22	Strength 2 Week 2 Day 4 (3x8)	KEEP IT VERY EASY.
SATURDAY 8/23	9 mile easy effort 1 mile fast finish	Remember the importance of nutrition and hydration before, during, and after your long runs. You should have both dialed in for Elm Creek by now.
SUNDAY 8/24	REST DAY	Embrace the extra sleep and/or extra time to do other hobbies you love!

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AUGUST WEEK 5 (August 25-31)

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	RUN/WORKOUT	NOTES
MONDAY 8/25	5mi easy run	Remember that your body does NOT know pace - it knows effort. Your pace on easy days will vary due to a number of factors - these are included in the full training plan.
TUESDAY 8/26	Strength 2 Week 2 Day 2 (3x8)	Entering week 2 of 4! Upper body today because tomorrow is a speed workout!
WEDNESDAY 8/27	15min warm-up (easy) 2 x 2mi @ Goal HM pace w/ 0.5mi recovery jog 10min cooldown (easy)	Focus on locking into what half marathon pace feels like. Yes you are aiming for a pace, but you should know what the effort feels like.
THURSDAY 8/28	Strength 2 Week 2 Day 1 (3x8)	Remember to look back on what you lifted in week 1. Can you increase your weights?
FRIDAY 8/29	3mi easy run 4x strides	KEEP IT EASY EFFORT.
SATURDAY 8/30	11 mile easy effort long run	Remember the importance of nutrition and hydration before, during, and after your long runs. You should have both dialed in for Elm Creek by now.
SUNDAY 8/31	REST DAY	Let your body recover. Don't cut out meals, calories, or carbs on your rest day - your body is working extra hard to recover!