

Become a smarter, faster, stronger, healthier runner

THE RUNNER'S TOOLBOX

jaci wilson runs

MNRun
series

#thelittlethingsarebigthings



THE PLAN: OCTOBER 2025

BEGINNER 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
JACIWILSONRUNS.COM

THE RUNNER'S TOOLBOX: MN RUN SERIES

OCTOBER WEEK 1 (Sept 29-Oct 5)

jaci wilson runs

	RUN/WORKOUT	NOTES
MONDAY 9/29	40min easy run 4x strides	Focus on your form during strides.
TUESDAY 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!
WEDNESDAY 10/1	15min warm-up (easy) 30min steady state 10min cooldown (easy)	You've done this workout before - I want you to focus on effort. These 30 minutes will be at a moderate effort level - faster than an easy pace/easy effort run, but it shouldn't leave you utterly exhausted.
THURSDAY 10/2	Strength 2 Week 1 Day 1 (2x12)	Remember to track your weights!
FRIDAY 10/3	30min easy run 4x strides	Keep it easy! Stay well hydrated and fueled for tomorrow's long run!
SATURDAY 10/4	3mi easy warm-up 2mi @ 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?
SUNDAY 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!

THE RUNNER'S TOOLBOX: MN RUN SERIES

OCTOBER WEEK 2 (Oct 6-12)

jaci wilson runs

	RUN/WORKOUT	NOTES
MONDAY 10/6	40min easy run 4x strides	Keep it easy!
TUESDAY 10/7	Strength 2 Week 2 Day 2 (3x8)	Can you increase your weights from last week since each set is less reps?
WEDNESDAY 10/8	10min warm-up (easy) 2x2mi @ goal pace, 0.5mi recovery jog 5min 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.
THURSDAY 10/9	Strength 2 Week 2 Day 1 (3x8)	Remember to track your weights!
FRIDAY 10/10	30min easy run 4x strides	Keep it easy! Stay well hydrated and fueled for tomorrow's long run!
SATURDAY 10/11	4mi easy warm-up 4mi 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 4th mile of the progression being at goal race pace.
SUNDAY 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.

THE RUNNER'S TOOLBOX: MN RUN SERIES

OCTOBER WEEK 3 (Oct 13-19)



jaci wilson runs

	RUN/WORKOUT	NOTES
MONDAY 10/13	10min warm-up (easy) 6x strides 4x1mi @ slightly faster than goal race pace w/ 1min walking recovery 5min 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?
TUESDAY 10/14	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.
WEDNESDAY 10/15	10min warm-up (easy) 8x1min ON, 1min recovery jog 5min 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 10/16	Strength 2 Week 3 Day 2 (2x12)	Last day of lifting weights before race day!
FRIDAY 10/17	20min 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!
SATURDAY 10/18	60min 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!
SUNDAY 10/19	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!

THE RUNNER'S TOOLBOX: MN RUN SERIES

OCTOBER WEEK 4 (Oct 20-26)

jaci wilson runs

	RUN/WORKOUT	NOTES
MONDAY 10/20	10min warm-up (easy) 6x strides 4x800m @ goal race pace w/ 1min walking recovery in between 5min cooldown (easy)	Don't try to blast these! This is just to give your legs some pop leading up to Saturday's race!
TUESDAY 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.
WEDNESDAY 10/22	20min easy run	KEEP. IT. EASY. Running longer and/or hard will only take away from Saturday. Work on your mindset, confidence and belief!
THURSDAY 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!
FRIDAY 10/24	1mi 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.
SATURDAY 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.
SUNDAY 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.