

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

# THE RUNNER'S TOOLBOX

*jaci wilson runs*

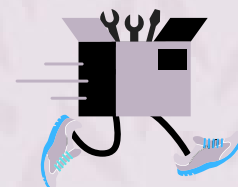
**MNRun**  
series

*#thelittlethingsarebigthings*



## THE PLAN: NOVEMBER

INTERMEDIATE PLAN



**THE RUNNER'S  
TOOLBOX**

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

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# November WEEK 1 (Oct 30–Nov 5)

*jaci wilson runs*

## RECOVERY WEEK

**MONDAY**  
10/30

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**  
10/31

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**  
11/1

**THURSDAY**  
11/2

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**  
11/3

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.

**SATURDAY**  
11/4

**SUNDAY**  
11/5

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

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# November WEEK 2 (Nov 6-12)

*jaci wilson runs*

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## RUN/WORKOUT

## NOTES

**MONDAY**  
11/6

30min easy run

Back at it after a full week of recovery after the Halloween races! Now you are reverse tapering so you will ease back into mileage and workouts.

**TUESDAY**  
11/7

Strength Week 1 Day 2 (2x12)

Next round of lifting!

**WEDNESDAY**  
11/8

15min warm-up (easy)  
4x strides  
8x400m @ goal 5K pace w/ 200m walking recovery  
10min cooldown (easy)

Don't start out too fast with these 400s. I'd rather you start out slower and run the 400s consistently than to start out too fast and have each rep get slower. If your legs still don't feel fresh from race day, take today off or do an easy run.

**THURSDAY**  
11/9

Strength Week 1 Day 1 (2x12)

Remember to track your weights! Look how far you have come since you started consistently lifting and tracking!

**FRIDAY**  
11/10

2mi easy run  
4x strides

KEEP IT EASY EFFORT.

**SATURDAY**  
11/11

6 mile easy-effort long run

This is your first long run back since race day. Keep it easy! We KNOW you can run faster for these shorter long runs, but it's important to keep it at a conversational pace and to build up mileage again.

**SUNDAY**  
11/12

REST DAY

Embrace this rest day!

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# November WEEK 3 (Nov 13-19)

*Jaci Wilson runs*

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## RUN/WORKOUT

## NOTES

**MONDAY**  
11/13

4mi easy run  
4x strides

Keep today easy effort. Remember that strides include both the acceleration and deceleration.

**TUESDAY**  
11/14

Strength Week 2 Day 2 (3x8)

Remember to track your weights!

**WEDNESDAY**  
11/15

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

You should be able to find some speed today - aim for 5K pace, BUT do NOT blast these! These 200s should feel light and easy.

**THURSDAY**  
11/16

Strength Week 2 Day 1 (3x8)

Can you increase your weights from last week? Are you fueling and hydrating enough this week to promote recovery and to fuel your runs and lifts?

**FRIDAY**  
11/17

2mi easy run  
4x strides

KEEP IT EASY EFFORT.

**SATURDAY**  
11/18

8 mile easy-effort long run

Keep it easy. Practice what you will be wearing on Thursday for the Turkey Trot!

**SUNDAY**  
11/19

REST DAY

Embrace this rest day!

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# November WEEK 4 (Nov 20-26)

*Jaci Wilson Runs*

## RACE WEEK!

### RUN/WORKOUT

### NOTES

**MONDAY**  
11/20

15min warm-up (easy)  
10x1min on/1min off (walk)  
10min cooldown (easy)

Do NOT blast this fartlek. Today is merely about getting some leg turnover before race day. Keep it fast but relaxed - this is not an all-out sprint. It shouldn't be taxing. Walk the "off"/recoveries.

**TUESDAY**  
11/21

Mobility

Get everything ready TODAY for race day. Remember to stay well hydrated and fueled.

**WEDNESDAY**  
11/22

2mi easy shakeout run  
6x strides

Keep today very easy! No need to run fast during the 2 mile shakeout. Save it for tomorrow!

**THURSDAY**  
11/23



RACE DAY!!!

Have fun this morning! Remember that you do NOT need to earn your food today. You don't need to run extra miles. Have fun with the race and enjoy your day today! Good luck!

**FRIDAY**  
11/24

FULL REST DAY

Celebrate all that your body does for you! Rest days allow for recovery and for getting stronger!

**SATURDAY**  
11/25

30-45min easy run

Keep it easy to promote recovery! Or take a rest day.

**SUNDAY**  
11/26

FULL REST DAY

You get stronger on rest days, not when running. Take rest days seriously!

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# November WEEK 5 (Nov 27-Dec 3)

*jaci wilson runs*

## RUN/WORKOUT

## NOTES

**MONDAY**  
11/27

40min easy run  
4x strides

Easy effort. Perfect way to start the week!

**TUESDAY**  
11/28

Strength Week 3 Day 2 (3x8)

Look back at what you lifted two weeks ago - can you increase your weights today?

**WEDNESDAY**  
11/29

15min warm-up (easy)  
6x strides  
3x1mi @ slightly faster than goal race pace  
w/ 1min walking recovery  
10min cooldown (easy)

This is your last big workout before the Reindeer Run! Don't go out super fast. Just focus on being a little faster than goal race pace.

**THURSDAY**  
11/30

Strength Week 3 Day 1 (3x8)

Focus on the mind-muscle connection. Keep your core engaged.

**FRIDAY**  
12/1

3mi easy run  
4x strides

KEEP IT EASY EFFORT.

**SATURDAY**  
12/2

6 mile easy long run

Keep it easy. Race day is in one week! Practice what you will wear - remember layers are key with winter running. Check out Coach Jaci's [Instagram](#) and [website](#) for winter running tips.

**SUNDAY**  
12/3

FULL REST DAY

Embrace this rest day! Use the extra time to get more sleep, spend more time with family, do hobbies, etc.

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