

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

# THE RUNNER'S TOOLBOX

*jaci wilson runs*

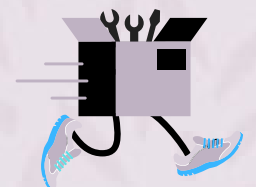
**MNRun**  
series

*#thelittlethingsarebigthings*



## THE PLAN: FEBRUARY

INTERMEDIATE PLAN



**THE RUNNER'S  
TOOLBOX**

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

# February WEEK 1 (Jan 30-Feb 5)

*jaci wilson runs*

## RUN/WORKOUT

## NOTES

**MONDAY**  
1/30

15min warm-up (easy)  
3mi @10k effort  
10min cooldown (easy)

The goal is to practice holding a pace that is faster than goal pace so that goal pace feels easier. Get comfortable here and take it one mile at a time.

**TUESDAY**  
1/31

Strength Week 1 Day 1 (2x12)  
30min run

You can continue to repeat these 2 lifts or you can reach out to me for more. If you repeat, start again with week 1 and increase your weights as you are able from where you left off last week.

**WEDNESDAY**  
2/1

30min easy run

KEEP IT EASY EFFORT. It should feel like you can run for a LONG time!

**THURSDAY**  
2/2

Strength Week 1 Day 2 (2x12)

Look back at what you lifted in week 1. How much strength did you gain?

**FRIDAY**  
2/3

20min easy run  
6x strides

KEEP IT EASY EFFORT. You want energy and fresh legs for tomorrow's long run.

**SATURDAY**  
2/4

9mi easy long run

Keep thinking about and practicing your fueling & hydration strategy for long runs and races.

**SUNDAY**  
2/5

REST

Let your body recover! You get stronger when you rest and recover!

\* If you don't have access to a treadmill and/or plan to run outside through the winter and don't have dry/safe roads to run fast, keep your running easy and focus on building your aerobic base.

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# February WEEK 2 (Feb 6-12)

*jaci wilson runs*

	<b>RUN/WORKOUT</b>	<b>NOTES</b>
<b>MONDAY</b> 2/6	20min warm-up (easy) 6x strides 3x1mi @5k pace w/ 3min walking recoveries 10min cooldown (easy)	Focus on the mile you are in - take it one rep at a time. Stay mentally strong. What mantras can you use?
<b>TUESDAY</b> 2/7	Strength Week 2 Day 1 (3/8) 30min easy run	Focus on the mind-muscle connection - are you engaging the muscles you should be using?
<b>WEDNESDAY</b> 2/8	20min warm-up (easy) 6x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	Focus on your cadence, posture, and arm drive running up the hill. The hill sprints should be around 5k effort. If you are using a treadmill, set the incline between 3-6%.
<b>THURSDAY</b> 2/9	Strength Week 2 Day 2 (3x8)	Keep being consistent in your lifts to build strength and stay injury free.
<b>FRIDAY</b> 2/10	30min easy run 6x strides	KEEP IT EASY EFFORT. You want energy and fresh legs for tomorrow's long run.
<b>SATURDAY</b> 2/11	10mi easy long run	Make sure to get a good warm-up in. You should be in a good routine now!
<b>SUNDAY</b> 2/12	REST	Let your body recover

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# February WEEK 3 (Feb 13-19)

*jaci wilson runs*

## CUTBACK WEEK

	RUN/WORKOUT	NOTES
<b>MONDAY</b> 2/13	20min warm-up (easy) 5x1min on, 1min off 10min cooldown (easy)	Walk the recoveries so you can go hard on the ON intervals. You did this workout last month. Could you push harder during your intervals?
<b>TUESDAY</b> 2/14	Strength Day 4 (3/10) Optional: 20min easy run	Since this is a cutback week, today's run is optional. We're also giving your legs a break from heavy lifting.
<b>WEDNESDAY</b> 2/15	30min easy run	Keep today EASY. We want to promote recovery during this cutback week.
<b>THURSDAY</b> 2/16	Mobility & Core	You need both strength and range of motion - a tight muscle is NOT a strong muscle. Mobility work is important.
<b>FRIDAY</b> 2/17	20min easy run 6x strides	KEEP IT EASY EFFORT. You want energy and fresh legs for tomorrow's long run.
<b>SATURDAY</b> 2/18	7mi easy long run	A cutback in today's long run as well to promote recovery this week!
<b>SUNDAY</b> 2/19	REST	Let your body recover

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# February WEEK 4 (Feb 20-26)

*jaci wilson runs*

## RUN/WORKOUT

## NOTES

**MONDAY**  
2/20

15min warm-up (easy)  
25min steady state  
10min cooldown (easy)

Run a steady pace that is moderate effort but not SUPER challenging. If you are half marathon training, aim for 5-10sec slower than goal half marathon pace (GHMP).

**TUESDAY**  
2/21

Strength Week 3 Day 1 (3/8)  
25min easy run

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

**WEDNESDAY**  
2/22

20min warm-up (easy)  
7x 30sec uphill @ 5k effort w/  
2min recovery (walk down)  
10min cooldown (easy)

Focus on your cadence, posture, and arm drive running up the hill. The hill sprints should be around 5k effort. If you are using a treadmill, set the incline between 3-6%.

**THURSDAY**  
2/23

Strength Week 3 Day 2 (3x8)

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

**FRIDAY**  
2/24

20min easy run  
6x strides

KEEP IT EASY EFFORT. You want energy and fresh legs for tomorrow's long run.

**SATURDAY**  
2/25

9mi easy effort  
1mi fast finish

The last mile is NOT a sprint. Aim for 30-60sec faster than the rest of your run. Focus on form and running strong.

**SUNDAY**  
2/26

REST

Let your body recover

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# February WEEK 5 (Feb 27-28)

*jaci wilson runs*

## RUN/WORKOUT

## NOTES

**MONDAY**  
2/27

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**  
2/28

Strength Week 4 Day 1 (2x12)  
30min easy run

Another 4 weeks of solid strength work!  
Make sure you are refueling after you lift.

**WEDNESDAY**  
3/1

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**  
3/2

Strength Week 4 Day 2 (2/12)

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

**FRIDAY**  
3/3

30min easy run  
6x strides

KEEP IT EASY EFFORT. You want energy and fresh legs for tomorrow's long run.

**SATURDAY**  
3/4

3mi easy warm-up  
3mi at 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**  
3/5

REST

Let your body recover

**March will be made available in February.**

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