

Become a smarter, faster, stronger, healthier runner

THE RUNNER'S TOOLBOX

jaci wilson runs

MN RUN
series

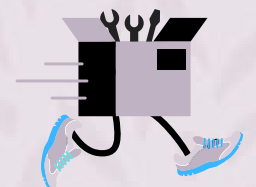
#thelittlethingsarebigthings



THE PLAN:

MARCH

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

March WEEK 1 (Feb28-Mar5)

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RUN/WORKOUT

NOTES

MONDAY
2/27

10min warm-up (easy)
6x strides
10x200m 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. Do you feel stronger than last month?

TUESDAY
2/28

Strength Week 4 Day 1 (2x12)

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

WEDNESDAY
3/1

10min walking warm-up
30min easy run
6x strides

KEEP IT EASY EFFORT! Walking is time on your feet and will help build your mileage - it all adds up!

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

5min walking warm-up
20min easy run
6x strides

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

SATURDAY
3/4

10min walking warm-up
5.5mi easy long run

Keep your mind sharp and relax your body today! Walk when needed to keep your heart-rate at an easy effort level.

SUNDAY
3/5

REST

Embrace your rest days!

* 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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March WEEK 2 (March 6-12)

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RUN/WORKOUT

NOTES

MONDAY
3/6

10min warm-up (easy)
2x 1mi w/ 2min walking recovery
10min cooldown (easy)

Remember to practice your nutrition during higher intensity runs - this workout would make great practice. Focus on the mile you are in - take it one rep at a time. Stay mentally strong. What mantras can you use?

TUESDAY
3/7

Strength Week 1 Day 1 (2x12)

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

WEDNESDAY
3/8

10min walking warm-up
35min easy run
6x strides

Longest weekday run so far! KEEP IT EASY EFFORT!

THURSDAY
3/9

Strength Week 1 Day 2 (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
3/10

5min walking warm-up
20min easy run
6x strides

KEEP IT EASY EFFORT.

SATURDAY
3/11

10min walking warm-up
6mi easy long run

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

SUNDAY
3/12

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 13-19)

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PEAK WEEK FOR GOLDY'S

	RUN/WORKOUT	NOTES
MONDAY 3/13	15min warm-up (easy) 8x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	This is similar to last month, but you have one more hill rep! Power up that hill!
TUESDAY 3/14	Strength Week 2 Day 1 (3x8)	Focus on the mind-muscle connection - are you engaging the muscles you should be using?
WEDNESDAY 3/15	10min walking warm-up 35min easy run 6x strides	KEEP IT EASY EFFORT.
THURSDAY 3/16	Strength Week 2 Day 2 (3x8)	Keep being consistent in your lifts to build strength and stay injury free.
FRIDAY 3/17	5min walking warm-up 20min easy run 6x strides	Check in with yourself - are you actually keeping these run an easy-effort? Or are you running them too hard?
SATURDAY 3/18	10min walking warm-up 7mi easy long run	Longest run of this cycle! Keep your mind sharp. Focus on your form when you get tired.
SUNDAY 3/19	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 4 (March 20-26)

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TAPER WEEK

RUN/WORKOUT

NOTES

MONDAY
3/20

10min warm-up (easy)
2x1mi @goal pace w/ 2min walking recovery
10min cooldown (easy)

Another opportunity at this workout!
What can you do better than 2 weeks ago? Do you feel stronger? Don't go out too fast.

TUESDAY
3/21

Strength Week 3 Day 1 (3/8)

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

WEDNESDAY
3/22

10min walking warm-up
25min easy run
6x strides

This is a shorter run than last week but you still need to keep it easy effort!

THURSDAY
3/23

Strength Week 3 Day 2 (3x8)

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

FRIDAY
3/24

5min walking warm-up
15min easy run
6x strides

Last long run tomorrow! Use today as your last "day before race day" prep day to get your routine sorted out.

SATURDAY
3/25

10min walking warm-up
5mi 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
3/26

REST

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


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March WEEK 5 (Mar27-Apr2)

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RACE WEEK

	RUN/WORKOUT	NOTES
MONDAY 3/27	Strength Week 3 Day 4 (3x8)	No weights - band work ONLY during race week
TUESDAY 3/28	10min warm-up (easy) 6x strides 3x800m @ goal race pace w/ 2min 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 3/29	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 3/30	20min easy run	KEEP. IT. EASY. Running longer and/or hard will only take away from Sunday.
FRIDAY 3/31	REST DAY	Focus on rest, nutrition, and hydration today! Get everything ready for race day so you are less stressed tomorrow!
SATURDAY 4/1	1mi 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 4/2	RACE DAY! 	HAVE FUN AND STAY IN THE SMILE ZONE! Remember - don't start out too fast, relax, and remove all pressures & expectations.

April will be made available in March.

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