

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

# THE RUNNER'S TOOLBOX

*jaci wilson runs*

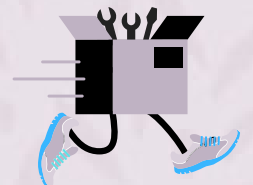
**MNRun**  
series

*#thelittlethingsarebigthings*



## THE PLAN: SEPTEMBER

INTERMEDIATE PLAN



**THE RUNNER'S  
TOOLBOX**

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

MN RUN Series  
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THE RUNNER'S TOOLBOX: MN RUN SERIES

# September WEEK 1 (August 28-Sept 3)

*jaci wilson runs*

## RUN/WORKOUT

## NOTES

**MONDAY**  
**8/28**

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**  
**8/29**

Strength Week 3 Day 2 (3x8)

Entering week 3 of 4! Upper body today because tomorrow is a speed workout!

**WEDNESDAY**  
**8/30**

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**  
**8/31**

Strength Week 3 Day 1 (3x8)

Remember to look back on what you lifted in week 2. Can you increase your weights?

**FRIDAY**  
**9/1**

3mi easy run  
4x strides

KEEP IT EASY EFFORT.

**SATURDAY**  
**9/2**

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**  
**9/3**

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!

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# September WEEK 2 (Sept 4-10)

*jaci wilson runs*

	<b>RUN/WORKOUT</b>	<b>NOTES</b>
<b>MONDAY</b> 9/4	15min warm-up (easy) 6x strides 5x1mi @ slightly faster than goal race pace w/ 1min walking recovery 10min 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.
<b>TUESDAY</b> 9/5	Strength Week 4 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.
<b>WEDNESDAY</b> 9/6	15min warm-up (easy) 8x1min ON, 1min recovery jog 10min 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.
<b>THURSDAY</b> 9/7	Strength Week 4 Day 2 (2x12)	Last day of lifting weights before race day!
<b>FRIDAY</b> 9/8	2mi 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!
<b>SATURDAY</b> 9/9	6 mile 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!
<b>SUNDAY</b> 9/10	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.

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# September WEEK 3 (Sept 11-17)

*jaci wilson runs*

## RACE WEEK

### RUN/WORKOUT

### NOTES

**MONDAY**  
9/11

15-20min warm-up (easy)  
6x strides  
3x800m @ goal race pace w/ 1min 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 Saturday's race!

**TUESDAY**  
9/12

Strength Week 3 Day 4 (3x8)

Race week means even more recovery! You can keep band work, mobility, and yoga in your routine.

**WEDNESDAY**  
9/13

30min easy run

KEEP. IT. EASY. Running longer and/or hard will only take away from Sunday. Work on your mindset, confidence and belief!

**THURSDAY**  
9/14

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**  
9/15

1-2mi 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**  
9/16



RACE DAY!

HAVE FUN AND STAY IN THE SMILE ZONE! Remember - don't start out too fast, relax, and remove all pressures & expectations.

**SUNDAY**  
9/17

REST DAY

Celebrate all that you have accomplished!!!

# September WEEK 4 (Sept 18-24)

*jaci wilson runs*

## This week's training:

Training this week will vary for everyone depending on IF and how you raced Elm Creek.

IF you raced Saturday and give the race your all, take the entire week off. Your body needs the rest. You can get significant gains from a race IF you follow it up with proper rest. You will NOT lose fitness, you'll only benefit from it. Going for walks, doing yoga, etc. is okay - just don't do anything taxing like HIIT, running, etc.

If you ran Elm Creek and/or used it as a workout for another race, but didn't run all out, take a couple rest days and then get back to training. Take this week easy and resume speedwork next week.

If you ran Elm Creek for fun and your effort level wasn't high, continue on with your training.



# September WEEK 4 (Sept 18-24)

*jaci wilson runs*

## RECOVERY WEEK

	RUN/WORKOUT	NOTES
<b>MONDAY</b> 9/18	REST DAY	Celebrate your wins from Saturday! Did you have fun? What went well?
<b>TUESDAY</b> 9/19	REST DAY, mobility work	If you used Saturday as a workout for an upcoming race and your legs still feel tired, take today off. If you are feeling good, do an easy 30min run.
<b>WEDNESDAY</b> 9/20	30min easy run	KEEP. IT. EASY. Even if you feel good, your body is still recovering at a cellular level!
<b>THURSDAY</b> 9/21	Strength Week 4 Day 4 (2x12)	Last lift of this round! What strength gains have you seen?
<b>FRIDAY</b> 9/22	20min easy run	Keep it easy!
<b>SATURDAY</b> 9/23	7 mile long run	Keep today easy! Your body is still recovering from last weekend!
<b>SUNDAY</b> 9/24	REST DAY	Let your body recover! Watch the Berlin Marathon if you need some inspiration to keep going!

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# September WEEK 5 (Sept 24-Oct 1)

*jaci wilson runs*

	<b>RUN/WORKOUT</b>	<b>NOTES</b>
<b>MONDAY</b> 9/25	4mi easy run 4x strides	Focus on your form during strides.
<b>TUESDAY</b> 9/26	Strength Week 1 Day 2 (2x12)	Another round of weight lifting! Keep up the great consistency with keeping your body strong and injury free!
<b>WEDNESDAY</b> 9/27	30min warm-up (easy) 6x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	Focus on form as you do these hills! If you have the opportunity to run a hill on the Halloween course, do it!
<b>THURSDAY</b> 9/28	Strength Week 1 Day 1 (2x12)	Remember to track your weights!
<b>FRIDAY</b> 9/29	3mi easy run 4x strides	Keep it easy! Stay well hydrated and fueled for tomorrow's long run!
<b>SATURDAY</b> 9/30	10 mile long run	Think about your fueling and hydration during Goldy's - what needs to be changed? What can you do better? What will benefit you more next time?
<b>SUNDAY</b> 10/1	REST DAY	Let your body recover! Make sure to eat enough too. Rest day nutrition helps your body recover, BUT it also fuels tomorrow!