

Become a smarter, faster, stronger, healthier runner

THE RUNNER'S TOOLBOX

jaci wilson runs

MNRun
series

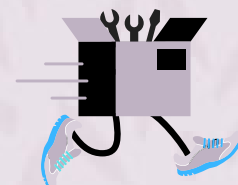
#thelittlethingsarebigthings



THE PLAN:

MAY

INTERMEDIATE PLAN



**THE RUNNER'S
TOOLBOX**

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

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THE RUNNER'S TOOLBOX: MN RUN SERIES

May WEEK 1 (May 1-7)

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RUN/WORKOUT

NOTES

MONDAY
5/1

15min warm-up (easy)
6x strides
3x1mi @ 10K pace w/ 1min walking recovery
10min cooldown (easy)

Don't go out too fast. Just focus on being just barely quicker than HM pace. This workout is focused on threshold (what you can maintain for an hour) so the rest is short. I want your HR high - push through the uncomfortable feeling.

TUESDAY
5/2

Strength Week 4 Day 2 (2x12)

Last week of this lifting round! Can you increase your weights a little bit more? How can you push yourself (while still maintaining good form)?

WEDNESDAY
5/3

15min warm-up (easy)
5x 2min uphill @ 10k effort w/
slow jog down for recovery
10min cooldown (easy)

This hill workout is different than you have done in the past and should be done on a gradual hill. Instead of sprints, this workout is focused on endurance and a moderately-hard effort level.

THURSDAY
5/4

Strength Week 4 Day 1 (2x12)

What strength gains did you make this round!? Look back to week 1 of your first round of doing these lifts!

FRIDAY
5/5

4mi easy run
6x strides

KEEP IT EASY EFFORT.

SATURDAY
5/6

5mi easy
3mi @ 15sec faster than goal race pace
2mi easy

Keep the easy parts VERY easy! It will allow you to hit your goal race pace in the 3mi block. Stay focused on your pacing/effort level and what it feels like.

SUNDAY
5/7

REST DAY

Now is the time to start getting more focused on your recovery, nutrition and sleep if you haven't already done so! Take these rest days seriously!

THE RUNNER'S TOOLBOX: MN RUN SERIES

May WEEK 2 (May 8-14)

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CUTBACK (RECOVERY) WEEK

RUN/WORKOUT

NOTES

MONDAY
5/8

15min warm-up (easy)
30min steady state
10min cooldown (easy)

The pace doesn't have to be spot on. It will vary with terrain - 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.

TUESDAY
5/9

Strength Week 2 Day 4 (3x8)

Since this week is a cutback/recovery week, we are not lifting. Strength this week is focused on band work and mobility. Feel free to add in yoga too!

WEDNESDAY
5/10

3mi easy run

Keep today really easy! The focus of this week is on recovery!

THURSDAY
5/11

Mobility moves

Make sure to stay hydrated and well fueled this week. Just because you are running less doesn't mean you eat less. Nutrition promotes recovery - your body is working overtime to recover.

FRIDAY
5/12

3mi easy run
6x strides

KEEP IT EASY EFFORT.

SATURDAY
5/13

12 mile long run (with option to run last 2 miles 1min faster than the rest of your miles)

Remember to bring fuel and hydration with you! Fuel every 30-45min starting with the first 30-45min. If you want a challenge you can do the 2mi fast finish.

SUNDAY
5/14

REST DAY

How are you focused on rest and recovery today? Are you getting enough sleep?

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May WEEK 3 (May 15-21)

Jaci Wilson Runs

RUN/WORKOUT

NOTES

MONDAY
5/15

15min warm-up (easy)
6x strides
4x1mi @ 10K pace w/ 1min walking recovery
10min cooldown (easy)

You did this workout two weeks ago, but this week has one more rep. I would rather have you start out more conservative/a little slower and finish the last rep strong/as your fastest, than to start fast and end on your slowest rep.

TUESDAY
5/16

Strength Week 1 Day 2 (2x12)

Another round of lifting! If you want a new 4-week strength program, please let me know - I have four more available.

WEDNESDAY
5/17

15min warm-up (easy)
6x 2min uphill @ 10k effort w/ slow jog down for recovery
10min cooldown (easy)

This is the same workout as two weeks ago, but with one more rep. Focus on your effort level. How consistent are your reps? I would rather you start out slightly slower and finish strong than to get slower each rep.

THURSDAY
5/18

Strength Week 1 Day 1 (2x12)

Remember to focus on form. If you are stuck at a weight for a certain move, check out [this video](#) on what to do.

FRIDAY
5/19

4mi easy run
6x strides

KEEP IT EASY EFFORT.

SATURDAY
5/20

5mi easy
4mi @ 15sec faster than goal race pace
2mi easy

Just like you did two weeks ago but with one more mile! This is another opportunity to practice running slightly faster than goal race pace on tired legs.

SUNDAY
5/21

REST DAY

Rest day nutrition helps your body recover from yesterday's long run AND helps fuel TOMORROW'S run. Don't cut out meals, calories, or carbs. Fuel your rest day!

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May WEEK 4 (May 22-28)

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RUN/WORKOUT

NOTES

MONDAY
5/22

10min warm-up (easy)
2x2mi @ goal pace, 0.5mi recovery jog
10min cooldown (easy)

This workout teaches your body to recover and relax while running at a faster pace - don't expect to recover during the recovery period. Focus on your form and mantras when the PUSH gets tough towards the last half mile of each block.

TUESDAY
5/23

Strength Week 2 Day 2 (3x8)

3 sets of 8 reps today so you should be able to increase your weights from last week!

WEDNESDAY
5/24

20min warm-up (easy)
6x 30sec uphill @ 5k effort w/ 2min recovery (walk down)
10min cooldown (easy)

Back to shorter hill reps this week! Focus on your form - forward lean, knee drive, arms, propel forward.

THURSDAY
5/25

Strength Week 2 Day 1 (3x8)

3 sets of 8 reps today so you should be able to increase your weights from last week! Do as many reps as you can with the heavier weight (with good form) before dropping down to the lighter weight.

FRIDAY
5/26

4mi easy run
6x strides

KEEP IT EASY EFFORT so that your legs feel good for your long run tomorrow.

SATURDAY
5/27

14 mile long run (with option to run last 2 miles 1min faster than the rest of your miles)

Longest run of this training cycle! Remember to bring fuel and hydration with you! Fuel every 30-45min starting with the first 30-45min. If you want a challenge you can do the 2mi fast finish.

SUNDAY
5/28

REST DAY

How are you focused on rest and recovery today? Are you getting enough sleep?

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May WEEK 5 (May 29-June 4)

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LOLA'S RACE WEEK

RUN/WORKOUT

NOTES

MONDAY
5/29

15min warm-up (easy)
40min steady state
10min cooldown (easy)

Same as a few weeks ago - I want you to focus on effort. These 40 minutes will be at a moderate effort level - faster than an easy pace/easy effort run, but it shouldn't leave you utterly exhausted.

TUESDAY
5/30

Strength Week 3 Day 1 (3x8)

Note that today is your lower body lift to allow adequate recovery before Lola's on Saturday!

WEDNESDAY
5/31

40min easy run

Keep today really easy!

THURSDAY
6/1

Strength Week 3 Day 2 (3x8)

Remember to track your weights!

FRIDAY
6/2

3mi easy run
6x strides

KEEP IT EASY EFFORT. Today's strides will help with leg turnover for tomorrow!

SATURDAY
6/3



RACE DAY!

Use today's race as a race simulation for Human Powered Health. Work on your pacing, nutrition, hydration, shoes and clothing! Figure everything out today and sort out any kinks.

SUNDAY
6/4

REST DAY

Soak up those race vibes from yesterday and recover for next week - your peak week of training before Human Powered Health race day!

June will be made available in May.

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