

Become a smarter, faster, stronger, healthier runner

THE RUNNER'S TOOLBOX

jaci wilson runs

MN RUN
series

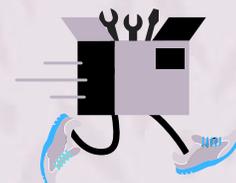
#thelittlethingsarebigthings



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

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 (2x12)

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 @ goal race pace
3mi easy cooldown
(this is a continuous run)

Whether you are training for Goldy's 10 miler, HPH half marathon, or another middle distance race, 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! Make sure to eat enough too. Rest day nutrition helps your body recover, BUT it also fuels tomorrow!

* 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	20min warm-up (easy) 6x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 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?
TUESDAY 3/7	Strength Week 1 Day 1 (2x12) 35min easy run	Another round of strength training! Remember to track your weights so you continue to see progress over time.
WEDNESDAY 3/8	15min warm-up (easy) 1.5mi @ 10K pace, 3min slow jog 1mi @ 10k pace 10min cooldown (easy)	Remember to practice your nutrition during higher intensity runs - this workout would make great practice. This run teaches you to run fast on tired legs after a break that will fatigue your legs.
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	30min easy run 6x strides	KEEP IT EASY EFFORT.
SATURDAY 3/11	12mi easy long run	You definitely 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) 5x1K @5K pace w/ 2min walking recovery 10min cooldown (easy)	1K's are tough but you can do it! Stay focused on the rep you are in and stay relaxed. Where does your mind go when it gets tough? Practice your mantras.
TUESDAY 3/14	Strength Week 2 Day 1 (3x8) 40min easy run	Focus on the mind-muscle connection - are you engaging the muscles you should be using?
WEDNESDAY 3/15	30min warm-up (easy) 8x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	This is similar to last Monday, but the warm-up and cooldown are different lengths AND you have 2 more hill reps.
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	35min 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	3mi easy warm-up 4mi @ goal race pace 3mi easy cooldown	This is just like 2 weeks ago, but you have one more mile in your tempo block. Remember to keep your mind strong and focus on your form.
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

15min warm-up (easy)
4x1mi @goal pace w/ 1min walking recovery
10min cooldown (easy)

Don't go out too fast. You have 4 reps to do. Focus on running your goal pace for each mile. This workout is doable but hard since the rest is short between each rep.

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

20min warm-up (easy)
5x1min on/1min off
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.

THURSDAY
3/23

Strength Week 3 Day 2 (3x8)

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

FRIDAY
3/24

20min 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

6mi 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	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 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	20-30min 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	2mi 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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