

Become a smarter, faster, stronger, healthier runner

THE RUNNER'S TOOLBOX

jaci wilson runs

MN RUN
series

#thelittlethingsarebigthings



THE PLAN: JANUARY 2025

BEGINNER PLAN



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

JANUARY WEEK 1 (Dec 30–Jan 5)

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WITH COLD WEATHER HERE, CHECK OUT COACH JACI'S [INSTAGRAM](#) AND [WEBSITE](#) FOR WINTER/COLD WEATHER RUNNING TIPS.

RUN/WORKOUT

NOTES

MONDAY
12/30

35min easy run

Enjoy your last run of 2024 and all the lessons you've learned! Embrace the good and the bad and look forward.

TUESDAY
12/31

Strength 1 Week 2 Day 2 (3x8)

Can you increase your weights from last week? Are you not making progress in a certain move? Watch this [video](#) for a strategy to try.

WEDNESDAY
1/1/25

10min warm-up (easy)
4x1min on/1min off
2x2min on/2min off
4x30sec on/30sec off
5min cooldown (easy)

Happy New Year's! Have fun with this fartlek today! Today's workout helps you find your pace and figure out what is and isn't sustainable.

THURSDAY
1/2/25

Strength 1 Week 2 Day 1 (3x8)

Remember to track your weights! Are you truly pushing yourself and [lifting heavy](#)?

FRIDAY
1/3/25

10min walking warm-up
10min easy run
4x strides

Keep it easy!

SATURDAY
1/4/25

10min walking warm-up
2mi easy long run/walk

Enjoy your first long run of 2025!

SUNDAY
1/5/25

FULL REST DAY

Embrace your rest day! Remember strength and speed gains come from rest!

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JANUARY WEEK 2 (Jan 6-12)

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	RUN/WORKOUT	NOTES
MONDAY 1/6	10min warm-up (easy) 5x30sec ON (fast), 60sec OFF (walking recovery) 10min cooldown (easy)	Walk the recoveries so you can go hard on the ON intervals.
TUESDAY 1/7	Strength 1 Week 3 Day 1 (3x8)	Can you increase your weights from last week? Are you not making progress in a certain move? Watch this video for a strategy to try.
WEDNESDAY 1/8	5min walking warm-up 15min easy run 4x strides	SEE WARM-UP GUIDE FOR HOW TO DO STRIDES THIS WEEK AND WHY THEY ARE IMPORTANT
THURSDAY 1/9	Strength 1 Week 3 Day 2 (3x8)	Upper body work is important for runners! Use the tracker to track your weights.
FRIDAY 1/10	10min walking warm-up 10min easy run 4x strides	KEEP IT EASY EFFORT. The goal is to run for as long as you can at a lower heart-rate (easy effort). SO don't start out too fast when you run, learn to pace yourself while keeping your HR at an easy effort level.
SATURDAY 1/11	10min walking warm-up 3mi easy long run/walk	Do you need to bring fuel or hydration on this run? How can you support your body? Remember to walk when needed.
SUNDAY 1/12	REST	Rest is essential for getting stronger!

* 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.

** If you want to lift 3-4 days a week, I recommend adding in lifts on Monday and/or Friday - hard days hard

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JANUARY WEEK 3 (Jan 13-19)

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RUN/WORKOUT

NOTES

MONDAY
1/13

10min warm-up (easy)
7x30sec ON (fast), 60sec OFF (walking recovery)
10min cooldown (easy)

This is the same as last week but with a couple more intervals! Maintain your effort level!

TUESDAY
1/14

Strength 1 Week 1 Day 4 (2x12)

No weights - band work ONLY during tests of fitness and race weeks

WEDNESDAY
1/15

5min walking warm-up
15min easy run
4x strides

KEEP IT EASY EFFORT. Remember that easy effort running is about keeping your HR low. If you need to walk to get your heart-rate down, walk!

THURSDAY
1/16

Mobility work

The goal today is to rest for Saturday's fitness assessment. Treat this like a race. Mobility work will keep your body loose and your muscles ready/engaged. Focus on nutrition and hydration today. Early to bed.

FRIDAY
1/17

5min walking warm-up
1mi shakeout
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.

SATURDAY
1/18

5min walking warm-up
4x strides
1mi all-out effort
5min walking cooldown

Pace yourself and check in with yourself every 400m. Can you sustain this pace for the duration of the mile? Do you need to slow down a little? Or can you speed up? Use your time as a starting point in your training. In a few months, look back at how far you have come!

SUNDAY
1/19

REST

Let your body 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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JANUARY WEEK 4 (Jan 20-26)

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RUN/WORKOUT

NOTES

MONDAY
1/20

10min walking warm-up
20min easy run

Easy running helps build your aerobic base!

TUESDAY
1/21

Strength 1 Week 4 Day 2 (2x12)

Upper body today to give your legs one more day of rest. See if you can increase your weights from week 1.

WEDNESDAY
1/22

10min warm-up (easy)
6x strides
5x60sec ON (fast), 60sec OFF (walking recovery)
10min cooldown (easy)

KEEP IT EASY EFFORT

THURSDAY
1/23

Strength 1 Week 4 Day 1 (2x12)

How are your legs feeling after Saturday? Can you increase your weights from last week since it's 3x8?

FRIDAY
1/24

5min walking warm-up
15min easy run
4x strides

KEEP IT EASY EFFORT. Recovery should be quick, and you shouldn't be fatigued.

SATURDAY
1/25

10min walking warm-up
3mi easy long run/walk

Think about your fueling & hydration strategy for long runs and races.

SUNDAY
1/26

REST

Rest is essential for getting stronger!

* 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.

** If you want to lift 3-4 days a week, I recommend adding in lifts on Monday and/or Friday. Make Monday upper body.

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JANUARY WEEK 5 (Jan 27-Feb 2)

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RUN/WORKOUT

NOTES

MONDAY
1/27

10min warm-up (easy)
6x strides
8x200m w/ 200m walking recovery in between reps
10min cooldown (easy)

200s are basically a sprint. Keep your stride quick, focus on your form and driving your knees forward. Keep your form controlled. Stay on your toes.

TUESDAY
1/28

Strength 2 Week 1 Day 2 (2x12)

New strength program!

WEDNESDAY
1/29

10min walking warm-up
20min easy run
4x strides

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

THURSDAY
1/30

Strength 2 Week 1 Day 1 (2x12)

Remember to track your weights with the tracker provided.

FRIDAY
1/31

5min walking warm-up
15min easy run
4x strides

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

SATURDAY
2/1

10min walking warm-up
4mi easy long run/walk

If you need or want a longer warm-up, walk more. You can also walk after your run to cool down.

SUNDAY
2/2

REST

Rest is essential for getting stronger!

* 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.

** If you want to lift 3-4 days a week, I recommend adding in lifts on Monday and/or Friday.