Running coach John Goldthorp created a comprehensive program to help intermediate runners beat their best time, and personal trainer Ashley Greenblatt suggests stretches to keep your muscles and joints moving well.

**MONDAY**
- **RUN** 5 to 7 miles with 5x20-second strides.
- **STRENGTH SESSION**

**TUESDAY = REST**

**WEDNESDAY**
- **WARM UP** 2 miles
- **RUN** 10 min at 1-hour race pace, then 3-minute walk or jog.
- **CROSS TRAIN** 30 minutes (bike, row, yoga, elliptical, etc.).
- **COOL DOWN** 1-2 miles

**THURSDAY**
- **EASY RUN** 6 to 8 miles.

**FRIDAY**
- **CROSS TRAIN** 30 minutes
- **COOL DOWN** 1-2 miles

**SATURDAY**
- **EASY RUN** 3 miles
- **RUN** 3 miles at BSR pace, then 2 miles easy, then 1 mile at 5K race pace.
- **COOL DOWN** 1-2 miles

**SUNDAY**
- **BRISK WALK** 45 minutes to speed recovery.

**WEEK 9: APRIL 9-15**

**MONDAY**
- **RUN** 5 to 7 miles with 5x20-second strides.
- **STRENGTH SESSION**

**TUESDAY = REST**

**WEDNESDAY**
- **WARM UP** 2 miles
- **RUN** 10 min at 1-hour race pace, then 3-minute walk or jog.
- **COOL DOWN** 1-2 miles

**THURSDAY**
- **EASY RUN** 6 to 8 miles.

**FRIDAY**
- **CROSS TRAIN** 30 minutes
- **COOL DOWN** 1-2 miles

**SATURDAY**
- **EASY RUN** 3 miles
- **RUN** 3 miles at BSR pace, then 2 miles easy, then 1 mile at 5K race pace.
- **COOL DOWN** 1-2 miles

**SUNDAY**
- **BRISK WALK** 45 minutes

**WEEK 10: APRIL 16-22**

**MONDAY**
- **RUN** 5 to 7 miles with 5x20-second strides.
- **STRENGTH SESSION**

**TUESDAY = REST**

**WEDNESDAY**
- **WARM UP** 2 miles
- **RUN** 10 min at 1-hour race pace, then 3-minute walk or jog.
- **COOL DOWN** 1-2 miles

**THURSDAY**
- **REST**

**FRIDAY**
- **CROSS TRAIN** 30 minutes
- **COOL DOWN** 1-2 miles

**SATURDAY**
- **EASY RUN** 2 miles with 5x20-second strides.
- **RUN** 5K or 5-mile race (or just time yourself).
- **COOL DOWN** 1-2 miles

**SUNDAY**
- **BRISK WALK** 45 minutes

**WEEK 11: APRIL 23-29**

**MONDAY**
- **RUN** 5 to 7 miles with 5x20-second strides.
- **STRENGTH SESSION**

**TUESDAY = REST**

**WEDNESDAY**
- **RUN** 5 to 7 miles with 5x20-second strides.
- **EASY RUN** 2 miles
- **RUN** 4 miles at BSR race pace, then 1 mile at 5K pace.
- **COOL DOWN** 2 miles

**THURSDAY**
- **REST**

**FRIDAY**
- **CROSS TRAIN** 30 minutes
- **RUN** 7 miles with 8x20-second strides.
- **STRENGTH SESSION**

**SATURDAY**
- **EASY RUN** 3 miles
- **RUN** 3 miles at BSR pace, then 2 miles easy, then 1 mile at 5K race pace.
- **COOL DOWN** 1-2 miles

**SUNDAY**
- **EASY RUN** 2 miles with 5x20-second strides.
- **RUN** 5 miles at BSR race pace, then 1 mile at 5K pace.
- **COOL DOWN** 2 miles

**RACE DAY!**
- **RUN** 7 miles with 8x20-second strides.
- **STRENGTH SESSION**

**WEEK 12: APRIL 30-MAY 6**

**MONDAY**
- **RUN** 5 to 7 miles with 5x20-second strides.
- **STRENGTH SESSION**

**TUESDAY = REST**

**WEDNESDAY**
- **EASY RUN** 2 miles
- **RUN** 2 miles at BSR race pace, then 5x20-second strides.
- **COOL DOWN** 1 mile

**THURSDAY**
- **REST**

**FRIDAY**
- **EASY RUN** 3 miles
- **RUN** 3 miles at BSR pace.
- **COOL DOWN** 1 mile

**SATURDAY**
- **RUN** 3 miles with 5x20-second strides.
- **STRENGTH SESSION**

**SUNDAY**
- **EASY RUN** 2 miles with 5x20-second strides.
- **RUN** 5K or 5-mile race (or just time yourself).
- **COOL DOWN** 2 miles

**RACE PLAN:** Let's keep it simple. For the first 3 miles, you'll run relaxed, feeling almost as if you're holding back. Think: 6 out of 10 effort. For miles 4-7, run strong, but sustainable and controlled. Aim for a 7 out of 10 effort. For miles 8-10, stay controlled, but be competitive and look to pass one person at a time! Imagine an 8 effort, slowly building to a 10 out of 10 in the last mile.

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**SPIDERMAN CRAWL**
- 60+ seconds.
- Head up, no breath holding, “move like a cat.”

**HOVER SQUAT**
- 5-7 reps per side.
- The goal is to try to go as low as possible while maintaining control.
- Sit back into hips, but feel weight throughout whole foot.
- On the way up, think, “push the ground away!”

**LIZARD CRAWL WITH 2 PULSES**
- 7-10 reps per side

**DRAGON LUNGE**
- 12-15 reps per side.
- Step diagonally across and feel a majority of weight in the front foot.
- Be sure you are stable before taking the next step.