

PICK UP THE PACE

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.

WEEK 9: APRIL 9-15

MONDAY	TUESDAY - REST	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>RUN 5 to 7 miles with 5x20-second strides.</p> <p>STRENGTH SESSION See exercise circuit below.</p>	<p>STRETCHES Kneeling hip flexor stretch. Kneel down on your right knee, placing your left foot flat on the floor in front of you. Keep your left leg bent at a 90-degree angle. Lean into the stretch until you feel pressure on your right thigh.</p> <p>Cobra. Begin in a prone position with hands aligned below shoulders and legs hip-width apart. Exhale, pushing through your palms, elevating your torso until your chest and chin are tilted up and open toward the ceiling.</p> <p>Butterfly. Sitting on the floor, bring your legs together so the bottoms of your feet are touching. Pull your feet toward your body and lean into the stretch. Your legs should resemble the wings of a butterfly.</p> <p>Overhead triceps stretch. Lift your right arm overhead, keeping your elbow close to your ear. Lower your forearm so your fingers graze your back. Apply slight pressure to your elbow until there is tension on the triceps.</p>	<p>WARM UP 2 miles</p> <p>RUN 10 min at 1-hour race pace, then 3-minute walk or jog. Four circuits of 3 minutes at 5K pace with 1:30 recovery jog.</p> <p>COOL DOWN 1-2 miles</p>	<p>EASY RUN 6 to 8 miles.</p>	<p>CROSS TRAIN 30 minutes (bike, row, yoga, elliptical, etc.).</p>	<p>EASY RUN 3 miles</p> <p>RUN 3 miles at BSR pace, then 2 miles easy, then 1 mile at 5K race pace.</p> <p>COOL DOWN 1-2 miles</p>	<p>BRISK WALK 45 minutes to speed recovery.</p>

WEEK 10: APRIL 16-22

<p>RUN 5 to 7 miles with 5x20-second strides.</p> <p>STRENGTH SESSION</p>	<p>WARM UP 2 miles</p> <p>RUN 10 min at 1-hour race pace, then 3-minute recovery jog. Five circuits of 2 minutes at 5K pace with 1-minute recovery jog.</p> <p>COOL DOWN 1-2 miles</p>	<p>REST</p>	<p>CROSS TRAIN 30 minutes</p>	<p>EASY RUN 2 miles with 5x20-second strides.</p> <p>RUN 5K or 5-mile race (or just time yourself).</p> <p>COOL DOWN 1-2 miles</p>	<p>BRISK WALK 45 minutes</p>
---	---	--------------------	--------------------------------------	---	---

WEEK 11: APRIL 23-29

<p>EASY RUN 4 to 6 miles to recover from hard race.</p> <p>STRENGTH SESSION</p>	<p>RUN 5 to 7 miles with 5x20-second strides.</p>	<p>EASY RUN 2 miles</p> <p>RUN 4 miles at BSR pace, then 1 mile at 5K pace.</p> <p>COOL DOWN 2 miles</p>	<p>CROSS TRAIN 30 minutes</p>	<p>RUN 7 miles with 8x20-second strides.</p> <p>STRENGTH SESSION</p>	<p>BRISK WALK 45 minutes</p>
---	--	---	--------------------------------------	--	---

WEEK 12: APRIL 30-MAY 6

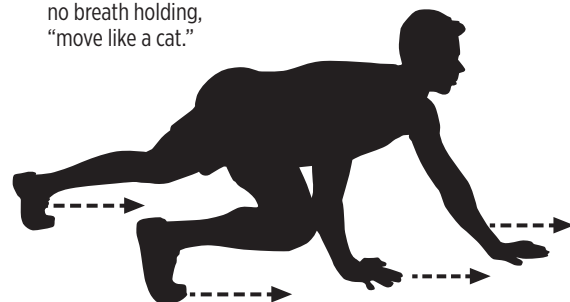
<p>RUN 3 to 5 miles with 5x20-second strides.</p> <p>STRENGTH SESSION</p>	<p>EASY RUN 2 miles</p> <p>RUN 2 miles at BSR pace then 5x20-second strides.</p> <p>COOL DOWN 1 mile</p> <p>STRENGTH SESSION</p>	<p>EASY RUN 3 miles</p>	<p>REST</p>	<p>RUN 3 miles with 5x20-second strides.</p>	<p>RACE DAY!</p> <p>Race Plan below Brisk walk tomorrow</p>
---	--	--------------------------------	--------------------	---	---

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.

philly.com/broadstreet

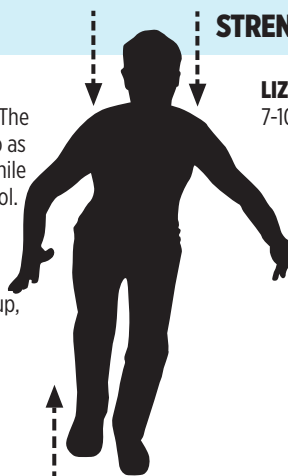
SPIDERMAN CRAWL

60+ seconds. Head up, no breath holding, "move like a cat."



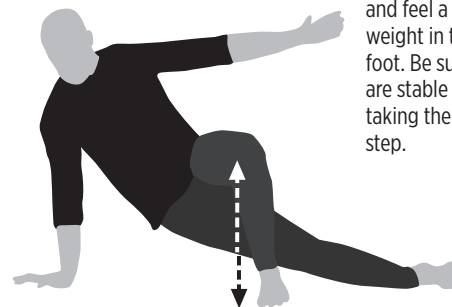
HOVER SQUAT

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!"



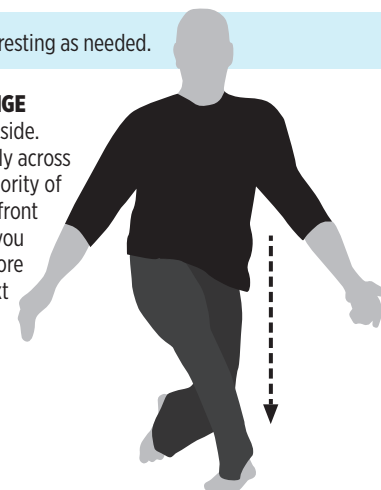
LIZARD CRAWL WITH 2 PULSES

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.



STRENGTH CIRCUIT Perform the following exercises 2 times, resting as needed.