

# ON YOUR MARK. GET SET. TRAIN!

Running coach John Goldthorp created an intensive program to get novices ready for Broad Street, and cardiologist David Becker offers up nutrition and stress-busting ideas to give you the right foundation.

## WEEK 1

MONDAY	TUESDAY - REST	WEDNESDAY	THURSDAY	FRIDAY - REST	SATURDAY	SUNDAY
<b>BRISK WALK</b> 10 minutes <b>RUN</b> 1.5 miles <b>STRENGTH SESSION</b> See exercise circuit below.	<b>NUTRITION TIPS</b> Use weekends for food preparation. Shop for the healthy ingredients you prefer, and prepare lunches and dinners for the week ahead.	<b>BRISK WALK</b> 5 minutes <b>RUN</b> 2.0 miles <b>STRENGTH SESSION</b> See exercise circuit below.	<b>BRISK WALK</b> 10 minutes <b>RELAXED RUN</b> 1.5 miles	<b>STRESS-BUSTING TIPS</b> Exercise is a stress-buster, as it lowers blood pressure, relaxes blood vessels, and dissipates stress hormones. More techniques to try: Yoga, tai-chi, and meditation.	<b>Three sets of:</b> <b>BRISK WALK</b> 8 minutes <b>EASY RUN</b> 8 minutes <b>STRENGTH SESSION</b> See exercise circuit below.	<b>BRISK WALK</b> 15 minutes

## WEEK 2

<b>BRISK WALK</b> 10 minutes <b>RUN</b> 1.5 miles <b>STRENGTH SESSION</b> See exercise circuit below.	A restaurant meal will average 30 percent more calories than a meal prepared at home, where you have control of the ingredients.	<b>BRISK WALK</b> 5 minutes <b>RUN</b> 2.0 miles <b>STRENGTH SESSION</b> See exercise circuit below.	<b>BRISK WALK</b> 10 minutes <b>RELAXED RUN</b> 1.5 miles	The flight-or-fight response evolved to deal with danger. But if this is your reaction to routine stress, it can damage the heart. Keep up your stress-reduction efforts.	<b>Three sets of:</b> <b>BRISK WALK</b> 10 minutes <b>EASY RUN</b> 10 minutes <b>STRENGTH SESSION</b> See exercise circuit below.	<b>BRISK WALK</b> 15 minutes
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## WEEK 3

<b>BRISK WALK</b> 10 minutes <b>RUN</b> 2.0 miles <b>STRENGTH SESSION</b> See exercise circuit below.	Most bread is made from white flour, junk carbs for the body. Stick with whole wheat, and remember that a little olive oil as a spread is better than butter.	<b>BRISK WALK</b> 5 minutes <b>RUN</b> 2.5 miles <b>STRENGTH SESSION</b> See exercise circuit below.	<b>BRISK WALK</b> 10 minutes <b>RELAXED RUN</b> 2.0 miles	Exercising can release endorphins, the chemical responsible for a "runner's high," a feel-good reaction that increases the more you work out.	<b>Three sets of:</b> <b>BRISK WALK</b> 8 minutes <b>EASY RUN</b> 12 minutes <b>STRENGTH SESSION</b> See exercise circuit below.	<b>BRISK WALK</b> 15 minutes
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## WEEK 4

<b>BRISK WALK</b> 10 minutes <b>RUN</b> 2.0 miles <b>STRENGTH SESSION</b> See exercise circuit below.	Better sleep is associated with weight control. And you need more recovery time as you increase exercise. Go to bed earlier if needed to get 7-8 hours of sleep a night.	<b>BRISK WALK</b> 5 minutes <b>RUN</b> 3.0 miles <b>STRENGTH SESSION</b> See exercise circuit below.	<b>BRISK WALK</b> 10 minutes <b>RELAXED RUN</b> 2.0 miles	Use your running time to think about what makes you angry or anxious. Identifying these triggers of stress can be the first step to dealing effectively with them.	<b>Three sets of:</b> <b>BRISK WALK</b> 5 minutes <b>EASY RUN</b> 15 minutes <b>STRENGTH SESSION</b> See exercise circuit below.	<b>BRISK WALK</b> 20 minutes
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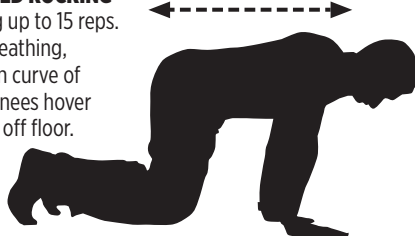
Follow our weekly plan, and you'll make it to — and through — the Blue Cross Broad Street Run. Look for the next training calendar at [philly.com/broadstreet](http://philly.com/broadstreet)

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**STRENGTH CIRCUIT** Perform the following exercises 3 times, resting as needed.

### ELEVATED ROCKING

Building up to 15 reps. Nose breathing, maintain curve of spine. Knees hover 1/2 inch off floor.



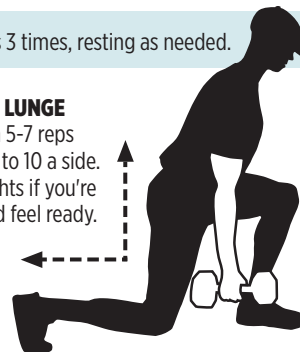
### SINGLE LEG GLUTE BRIDGE

8-20 a side.



### REVERSE LUNGE

Start with 5-7 reps and build to 10 a side. Add weights if you're stable and feel ready.



### SIDE PLANK

30 seconds a side.

