

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
BRISK WALK 10 minutes RUN 1.5 miles STRENGTH SESSION See exercise circuit below.	NUTRITION TIPS Use weekends for food preparation. Shop for the healthy ingredients you prefer, and prepare lunches and dinners for the week ahead.	BRISK WALK 5 minutes RUN 2.0 miles STRENGTH SESSION See exercise circuit below.	BRISK WALK 10 minutes RELAXED RUN 1.5 miles	STRESS-BUSTING TIPS 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.	Three sets of: BRISK WALK 8 minutes EASY RUN 8 minutes STRENGTH SESSION See exercise circuit below.	BRISK WALK 15 minutes

WEEK 2

BRISK WALK 10 minutes RUN 1.5 miles STRENGTH SESSION 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.	BRISK WALK 5 minutes RUN 2.0 miles STRENGTH SESSION See exercise circuit below.	BRISK WALK 10 minutes RELAXED RUN 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.	Three sets of: BRISK WALK 10 minutes EASY RUN 10 minutes STRENGTH SESSION See exercise circuit below.	BRISK WALK 15 minutes
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WEEK 3

BRISK WALK 10 minutes RUN 2.0 miles STRENGTH SESSION 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.	BRISK WALK 5 minutes RUN 2.5 miles STRENGTH SESSION See exercise circuit below.	BRISK WALK 10 minutes RELAXED RUN 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.	Three sets of: BRISK WALK 8 minutes EASY RUN 12 minutes STRENGTH SESSION See exercise circuit below.	BRISK WALK 15 minutes
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WEEK 4

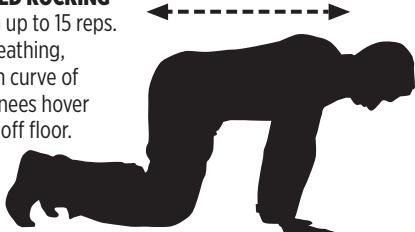
BRISK WALK 10 minutes RUN 2.0 miles STRENGTH SESSION See exercise circuit below.	Better sleep is associated with weight control. And you need more recovery time as you increase exercise. Go to bed earlier if needed to get 7-8 hours of sleep a night.	BRISK WALK 5 minutes RUN 3.0 miles STRENGTH SESSION See exercise circuit below.	BRISK WALK 10 minutes RELAXED RUN 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.	Three sets of: BRISK WALK 5 minutes EASY RUN 15 minutes STRENGTH SESSION See exercise circuit below.	BRISK WALK 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

philly.com/broadstreet

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

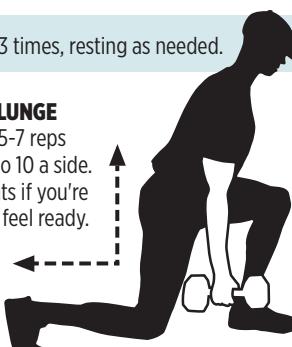
ELEVATED ROCKING
Building up to 15 reps. Nose breathing, maintain curve of spine. Knees hover 1/2 inch off floor.



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.

