

# SPRINT TO THE FINISH

You're more than halfway through your training for the Blue Cross Broad Street Run. Stick with running coach John Goldthorp's intensive program for six more weeks and you'll make it to the starting line. Cardiologist David Becker offers up nutrition and stress-busting ideas to give you a strong foundation.

MONDAY	TUESDAY - REST	WEDNESDAY	THURSDAY	FRIDAY - REST	SATURDAY	SUNDAY
<b>WEEK 10</b>						
BRISK WALK <b>10 minutes</b> RUN <b>3 miles</b> STRENGTH SESSION See exercise circuit below.	<b>NUTRITION TIPS</b> Before a morning run, don't eat much. A light carbohydrate snack such as a banana or half an energy bar will provide calories without taxing your digestive system.	BRISK WALK <b>5 minutes</b> RUN <b>4½ miles</b> STRENGTH SESSION	BRISK WALK <b>10 minutes</b> EASY RUN <b>2 miles</b>	<b>STRESS-BUSTING TIPS</b> Try tension release: Tense up your forehead for 10 seconds and then relax. Work your way down the body: neck, shoulders, arms, hands, core, legs, and feet.	BRISK WALK <b>10 minutes</b> EASY RUN <b>6 miles</b> BRISK WALK <b>20 minutes</b> STRENGTH SESSION	BRISK WALK <b>30 minutes</b>
<b>WEEK 11</b>						
BRISK WALK <b>10 minutes</b> RUN <b>3 miles</b> STRENGTH SESSION See exercise circuit below.	Stay hydrated in the long run. When training or racing for more than two hours, especially if you sweat in the heat, reach for fluids that contain salt, such as a sports drink.	BRISK WALK <b>5 minutes</b> RUN <b>5 miles</b> STRENGTH SESSION	BRISK WALK <b>10 minutes</b> EASY RUN <b>2½ miles</b>	Make time for sleep. Inadequate sleep can elevate stress levels, so try to get your nightly 7 to 8 hours.	<b>Seven sets of:</b> BRISK WALK <b>5 minutes</b> EASY RUN <b>1 mile</b> STRENGTH SESSION	BRISK WALK <b>30 minutes</b>
<b>WEEK 12</b>						
BRISK WALK <b>10 minutes</b> RUN <b>2 miles</b> STRENGTH SESSION See exercise circuit below.	Stay hydrated in the short term. When training for shorter durations, plain water is adequate. Be careful: Drinking too much water can lead to hyponatremia.	BRISK WALK <b>5 minutes</b> RUN <b>4 miles</b> STRENGTH SESSION	BRISK WALK <b>10 minutes</b> EASY RUN <b>3 miles</b>	For better sleep: Go to bed around the same time every night. Don't exercise or drink alcohol or caffeine within 3 hours of going to bed.	BRISK WALK <b>5 minutes</b> EASY RUN <b>8 miles</b> BRISK WALK <b>5 minutes</b>	BRISK WALK <b>30 minutes</b>
<b>WEEK 13</b>						
BRISK WALK <b>10 minutes</b> RUN <b>3 miles</b> STRENGTH SESSION Exercise circuit is now 2 times.	Try to avoid smoothies, fruit and vegetable juices and shakes that take out fiber. You are much better off eating actual fruits and vegetables, especially with their skins.	BRISK WALK <b>5 minutes</b> RUN <b>5½ miles</b> STRENGTH SESSION	BRISK WALK <b>10 minutes</b> EASY RUN <b>3 miles</b>	Try running unplugged. Leave behind everything that beeps or buzzes or distracts. Really pay attention to the beauty around you.	BRISK WALK <b>5 minutes</b> EASY RUN <b>9 miles</b> BRISK WALK <b>5 minutes</b> STRENGTH SESSION	BRISK WALK <b>30 minutes</b>
<b>WEEK 14</b>						
BRISK WALK <b>10 minutes</b> RUN <b>3 miles</b> STRENGTH SESSION Exercise circuit is now 2 times.	Cut out as much sugar as you can from your diet. Look for the words fructose, corn sweetener or syrup, dehydrated cane juice, dextrose, maple syrup, and honey. It's all sugar.	BRISK WALK <b>5 minutes</b> RUN <b>6 miles</b> STRENGTH SESSION	BRISK WALK <b>10 minutes</b> EASY RUN <b>3 miles</b>	As race day approaches, it's more important than ever to keep up your favorite relaxation techniques such as yoga or tai-chi or just a nice warm bath.	BRISK WALK <b>10 minutes</b> EASY RUN <b>6 miles</b> STRENGTH SESSION	BRISK WALK <b>30 minutes</b>
<b>WEEK 15</b>						
BRISK WALK <b>10 minutes</b> RUN <b>2 miles</b> STRENGTH SESSION Exercise circuit is now 2 times.	If you're a carbo-loader, remember to emphasize whole grains and fiber. Look for the words "whole wheat flour" as the first ingredient.	BRISK WALK <b>5 minutes</b> RUN <b>3 miles</b>  OPTIONAL STRENGTH SESSION	BRISK WALK <b>10 minutes</b> EASY RUN <b>1½ miles</b>	If you have race-day jitters, take long, slow, deep breaths; whisper to yourself a positive phrase such as "smooth and strong"; and picture yourself running effortlessly.	OPTIONAL BRISK WALK <b>5 minutes</b> EASY RUN <b>1 miles</b>	<b>RACE DAY! GOOD LUCK!</b>  BRISK WALK <b>The day after</b>

[philly.com/broadstreet](http://philly.com/broadstreet)

**STRENGTH CIRCUIT** Perform the following exercises 3 times, resting as needed. Weeks 13, 14, and 15 perform the exercises 2 times, resting as needed.

