

GOING THE DISTANCE

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

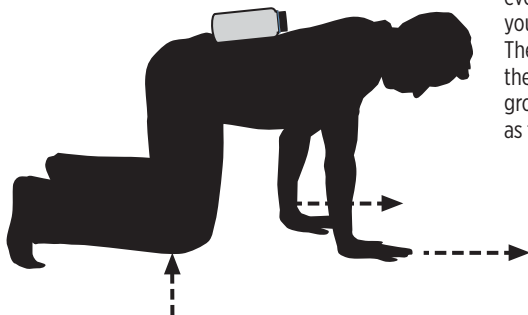
MONDAY	TUESDAY - REST	WEDNESDAY	THURSDAY	FRIDAY - REST	SATURDAY	SUNDAY
WEEK 5						
BRISK WALK 10 minutes RUN 2 miles STRENGTH SESSION See exercise circuit below.	NUTRITION TIPS Getting enough protein is important, as it helps build new muscle. As we age, it is more important to eat protein throughout the day.	BRISK WALK 5 minutes RUN 3 miles STRENGTH SESSION	BRISK WALK 10 minutes EASY RUN 2 miles	STRESS-BUSTING TIPS People prone to anger are three times more likely to have a heart attack or sudden cardiac death. Yoga or tai-chi can help.	Four sets of: BRISK WALK 5 minutes EASY RUN 1 mile STRENGTH SESSION	BRISK WALK TO SPEED RECOVERY 25 minutes
WEEK 6						
BRISK WALK 10 minutes RUN 2½ miles STRENGTH SESSION See exercise circuit below.	NUTRITION TIPS Watch portions: animal sources of protein contain all of the essential amino acids, but also contribute the highest percentage of saturated fat.	BRISK WALK 5 minutes RUN 3½ miles STRENGTH SESSION	BRISK WALK 10 minutes EASY RUN 2 miles	STRESS-BUSTING TIPS Anger, irritability, and hostility can provoke your arteries to constrict, raise blood pressure, and increase stress hormones.	BRISK WALK 10 minutes EASY RUN 5 miles BRISK WALK 30 minutes STRENGTH SESSION	BRISK WALK 30 minutes
WEEK 7						
BRISK WALK 10 minutes RUN 3 miles STRENGTH SESSION See exercise circuit below.	Some non-meat protein sources: black beans (1 ½ cups=21 g) lentils (1 ½ cups =27 g), peanut butter (2 T.=7 g), nuts (1 oz=6 g) quinoa (1 cup=6 g)	BRISK WALK 5 minutes RUN 3 miles STRENGTH SESSION	BRISK WALK 10 minutes EASY RUN 2½ miles	Mindfulness-based relaxation can relieve stress. Look for seminars, videos, and apps that teach this.	BRISK WALK 10 minutes EASY RUN 5 miles BRISK WALK 30 minutes STRENGTH SESSION	BRISK WALK 30 minutes
WEEK 8						
BRISK WALK 10 minutes RUN 3 miles STRENGTH SESSION See exercise circuit below.	Replace white-flour breads, pasta, and pretzels with whole grains. Look for “whole wheat flour” as the first ingredient.	BRISK WALK 5 minutes RUN 4 miles STRENGTH SESSION	BRISK WALK 10 minutes EASY RUN 3 miles	Do not exercise immediately after eating. Instead, do stretches and deep-breathing relaxation techniques and delay your run for at least an hour.	BRISK WALK 10 minutes EASY RUN 6 miles BRISK WALK 30 minutes STRENGTH SESSION	BRISK WALK 30 minutes
WEEK 9						
BRISK WALK 10 minutes RUN 3 miles STRENGTH SESSION See exercise circuit below.	When eating out, use the rule of one to limit your calories. One cocktail, one salad, one plate of food — not your main plate with a large bowl of pasta on the side.	BRISK WALK 5 minutes RUN 4 miles STRENGTH SESSION	BRISK WALK 10 minutes EASY RUN 2 miles	Yoga has been shown to help mood, with men and women reporting less tension and fatigue after being in only one class. It can help to increase strength and flexibility.	Five sets of: BRISK WALK 5 minutes EASY RUN 1 mile STRENGTH SESSION	BRISK WALK 30 minutes

Follow the weekly plan, and you'll make it to — and through — the Blue Cross Broad Street Run. The next training calendar is at philly.com/broadstreet

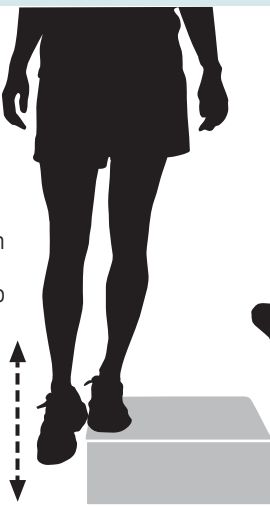
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STRENGTH CIRCUIT Perform the following exercises 3 times, resting as needed.

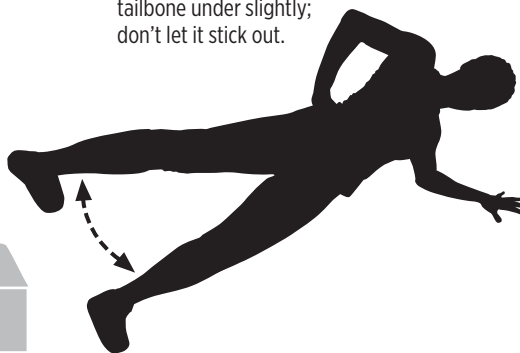
LEOPARD CRAWL WITH A WATER BOTTLE
30-45 seconds.
Stay tall, and don't hold your breath.



LATERAL STEP DOWN
8-10 reps a side.
As you descend, distribute weight evenly through your entire foot. Then strongly push the foot into the ground to stand up as tall as possible.



SIDE PLANK ON ELBOW WITH TOP LEG RAISES
Start with 5 reps and build to 10 a side. Tuck your tailbone under slightly; don't let it stick out.



FORWARD LUNGE
8-12 reps a side.
Push through the entire foot to return to the starting position. Think about pushing the floor away.

