

PUTTING IN THE WORK

Running coach John Goldthorp created a comprehensive program to help intermediate runners beat their best time, and personal trainer Ashley Greenblatt offers up stretches to help your muscles and joints move well.

WEEK 5: MARCH 12-18

MONDAY	TUESDAY - REST	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RUN 5 to 6 miles with 5x20-second strides. STRENGTH SESSION See exercise circuit below.	STRETCHES Piriformis stretch. Lie on your back with both feet planted on the ground. Bend your right leg, resting your ankle above your left knee. Wrap your hands around your left thigh and pull your leg toward your torso. Standing quad stretch. Bend your right leg and pull it back toward your glutes. Keep your knees together and avoid leaning forward. Standing calf stretch. Facing a wall, flex your right ankle and place the ball of your foot against the wall. Keep your heel planted and slowly lean in toward the wall until you feel a stretch in your calf muscle. IT band pretzel stretch. Begin on your hands and knees. Cross your right leg beneath your body and straighten your left leg behind you as you lower your body toward the floor. Lean into the stretch until you feel tension at your hip and outer thigh.	WARM UP 2 miles RUN 10 min at 1-hour pace, then 5-minute walk or jog. 4x2-minute hills at 70-80% effort with jog back recovery. COOL DOWN 1 mile STRENGTH SESSION	EASY RUN 5 to 6 miles	CROSS TRAIN 30 minutes (bike, row, yoga, elliptical, etc.)	WARM UP 2 miles RUN 2x1-mile at 5K race pace with 3-minute jog recovery. 2 miles at 1-hour race pace. COOL DOWN 1 mile STRENGTH SESSION	BRISK WALK 45 minutes to speed recovery

WEEK 6: MARCH 19-25

RUN 5 to 7 miles with 5x20-second strides. STRENGTH SESSION		WARM UP 2 miles RUN 10 min at 1-hour pace, then 5-minute jog. 6x2-minute hills with jog back recovery. COOL DOWN 1 mile STRENGTH SESSION	EASY RUN 5 to 7 miles	CROSS TRAIN 30 minutes	EASY RUN 8 to 10 miles on a hilly route. STRENGTH SESSION	BRISK WALK 45 minutes
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WEEK 7: MARCH 26 - APRIL 1

RUN 5 to 7 miles with 5x20-second strides. STRENGTH SESSION		WARM UP 2 miles RUN 15 min at 1-hour pace, then 5-minute jog. 6x1-minute hills with jog back recovery. COOL DOWN 2 miles STRENGTH SESSION	EASY RUN 6 to 7 miles	CROSS TRAIN 30 minutes	WARM UP 2 miles RUN 2x1-mile at 5K race pace with 3-minute jog recovery. 3 miles at BSR race pace COOL DOWN 1 to 2 miles STRENGTH SESSION	BRISK WALK 45 minutes
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WEEK 8: APRIL 2-8

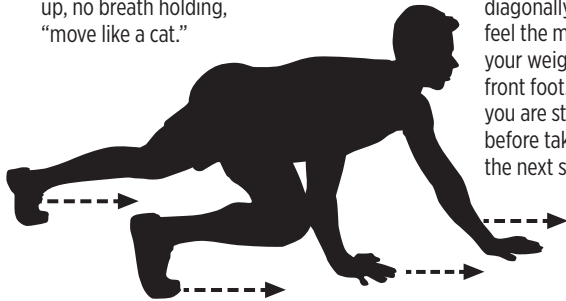
RUN 5 to 7 miles with 5x20-second strides. STRENGTH SESSION		WARM UP 2 miles RUN 20 min at 1-hour pace, then 5-minute jog. 3x1-minute hills with jog back recovery. COOL DOWN 2 miles STRENGTH SESSION	EASY RUN 3 miles	CROSS TRAIN 30 minutes	WARM UP 2 miles RUN 5x1-mile at BSR race pace with 1-minute jog recovery. STRENGTH SESSION	BRISK WALK 45 minutes
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Follow our 12-week plan, and you'll make it to — and through — the Broad Street Run on May 6. Look for the next training calendar in Health on April 1.

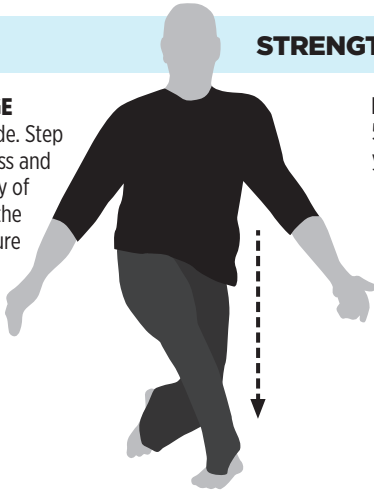
philly.com/broadstreet

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

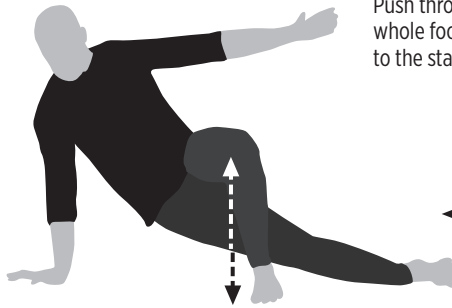
SPIDERMAN CRAWL
45-60+ seconds. Head up, no breath holding, "move like a cat."



DRAGON LUNGE
8-12 reps per side. Step diagonally across and feel the majority of your weight in the front foot. Be sure you are stable before taking the next step.



LIZARD CRAWL WITH 2 PULSES
5-8 reps per side each, lowering your hip to the floor.



WALKING LUNGE WITH OVERHEAD REACH
Up to 12 reps a side. Push through the whole foot to return to the starting position.

