

10-Week Broad Street Training Plan

Beginner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	OFF	2 Miles	OFF	2 Miles	OFF	2 Miles	Cross Train
Week 2	OFF	2 Miles	OFF	2 Miles	OFF	3 Miles	Cross Train
Week 3	OFF	3 Miles	OFF	3 Miles	OFF	4 Miles	Cross Train or 2 Miles
Week 4	OFF	3 Ascending Hill Repeats	OFF	3 Miles	OFF	5 Miles	Cross Train or 2 Miles
Week 5	OFF	3-4 Ascending Hill Repeats	OFF	4 Miles	OFF	6 Miles	Cross Train or 3 Miles
Week 6	OFF	4-5 Ascending Hill Repeats	OFF	4 Miles	OFF	7 Miles	Cross Train or 3 Miles
Week 7	OFF	5 Miles	OFF	5 Miles	OFF	8 Miles	Cross Train or OFF
Week 8	OFF	5-6 Ascending Hill Repeats	OFF	5 Miles	OFF	6 Miles	Cross Train or 3 Miles
Week 9	OFF	4 Miles	OFF	5 Miles	OFF	9 Miles	Cross Train or 2 Miles
Week 10	OFF	3 Miles	OFF	3 Miles	OFF	1 Mile	Broad Street

Instructions

1. Plan assumes a starting fitness level of being able to run 2 miles comfortably.
2. How to do ascending hill repeats: Run 2 to 4 miles then find fairly steep hill and run up for 30 seconds. Turn around and walk down. Repeat but add 10 seconds each time. For example: 4 ascending repeats would be 30 sec, 40 sec, 50 sec, 60 sec.
3. Strength routine always to be done after the run and can be found here:
<http://www.runyourpersonalbest.com/#!strength-routines/czzk>. Use Level 1.
4. How to Increase Difficulty:
 - a. Push the pace for Tuesday's run. Aim to complete 2/3's of the run @ 1/2 marathon goal pace.
 - b. Steadily increase the pace as the run progresses so that your last mile is the quickest.
 - c. Add a 2nd strength day to Saturday after long run.