

Broad Street Run Training Plan

| Week | MON | TUES | WEDS | THURS | FRI | SAT | SUN |
|------|--------------|--------------|--------------|--------------|------|---------|----------|
| | Conversation | | Tempo | Intervals | Pace | | Easy |
| 1 | Rest/Stretch | 2 miles | XT | 2 miles | Rest | 2 miles | 2 miles |
| 2 | Rest/Stretch | 2 miles | XT | 2 miles | Rest | 3 miles | 2 miles |
| 3 | Rest/Stretch | 3 miles | XT | 2.5 miles | Rest | 4 miles | 2 miles |
| 4 | Rest/Stretch | 3 miles | XT | 3 miles | Rest | 3 miles | XT |
| 5 | Rest/Stretch | 4 miles | XT | 3 miles | Rest | 5 miles | 3 miles |
| 6 | Rest/Stretch | 4 miles | XT | 3 miles | Rest | 6 miles | 3 miles |
| 7 | Rest/Stretch | 4 miles | XT | 3 miles | Rest | 7 miles | 3 miles |
| 8 | Rest/Stretch | 3 miles | XT | 3 miles | Rest | 5 miles | XT |
| 9 | Rest/Stretch | 5 miles | XT | 3.5 miles | Rest | 8 miles | 3 miles |
| 10 | Rest/Stretch | 5 miles | XT | 3.5 miles | Rest | 9 miles | 3 miles |
| 11 | Rest/Stretch | 5 miles | XT | 3.5 miles | Rest | 6 miles | 2 miles |
| 12 | Rest/Stretch | Easy 3 miles | Easy 3 miles | Easy 2 miles | Rest | Rest | Race Day |

Cross Train (XT): A low-impact activity for the days you don't run that will increase conditioning, prevent injury, and add variety to your workouts. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc.

Conversation pace: If you can talk while you're running the long run, you're at the right effort. If you can't, you're running too fast.

Tempo run: maintaining a comfortably hard or challenging pace; builds speed and teaches the body to run at a certain pace; usually run at a maximum of 80-85% HR

Intervals: a speed workout where a set distance is run repeatedly with recovery jogs in between to build speed and aerobic capacity

Pace: running at a set pace that is comfortably challenging, a bit faster than conversation pace, but slower than tempo