

10-Week Broad Street Training Plan Intermediate / Advanced

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	OFF	4	3 Miles	OFF	4 Miles + Workout 4	5	Cross Train or 3 Miles
Week 2	OFF	Workout 1	4 Miles	OFF	4 Miles + Workout 4	6	Cross Train or 3 Miles
Week 3	OFF	Workout 1	4 Miles	OFF	4 Miles + Workout 4	7	Cross Train or 3 Miles
Week 4	OFF	Workout 1	4 Miles	OFF	5 Miles + Workout 4	8	Cross Train or 3 Miles
Week 5	OFF	Workout 2 20 Minutes	5 Miles	OFF	5 Miles + Workout 4	9	Cross Train or 3 Miles
Week 6	OFF	Workout 2 20 Minutes	5 Miles	OFF	5 Miles + Workout 4	10	Cross Train or 3 Miles
Week 7	OFF	Workout 3 4 x 1 Mile	5 Miles	OFF	4 Miles + Workout 4	11	Cross Train or 3 Miles
Week 8	OFF	Workout 3 5 x 1 Mile	5 Miles	OFF	4 Miles + Workout 4	12	OFF
Week 9	OFF	Workout 2 30 Minutes	5 Miles	OFF	Workout 1	8	5 Miles
Week 10	OFF	4 Miles	OFF	4 Miles + Workout 4	OFF	2 Miles	Broad Street

	Warm Up	Workout Details	Cool Down
Workout 1	10 – 20 Minutes	Fartlek 12 – 20 x (30 sec hard + 30 sec jog)	10 – 20 Minutes
Workout 2	10 – 16 Minutes	Tempo 20 – 30 minutes @ 10k – ½ Marathon Pace	10 – 16 Minutes
Workout 3	10 – 16 Minutes	Tempo Intervals 4 - 5 x 1 Mile @ 10k – ½ Marathon Pace	10 – 16 Minutes
Workout 4	Run Planned Distance	Economy Intervals (“Striders”) 4 – 8 x (15 sec hard + 45 sec jog)	N/A

Instructions

1. Plan assumes a starting fitness level of being able to run 5 miles comfortably.
2. Notes on Workout 1 – Complete the 30 seconds hard roughly at 5k pace
3. How to Increase Difficulty:
 - a. Complete the upper range of sets of each workout.
 - b. Make the long run a progression run. Steadily increase the pace to somewhere between marathon and ½ marathon pace as the run progresses.
 - c. Add a strength routine on Tuesday and Saturday after the run. Strength routine always to be done after the run and can be found here: <http://www.runyourpersonalbest.com/#!strength-routines/czzk>.