

10-Week Broad Street Strength Supplement Beginner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	OFF	Legs Routine 3	OFF	Legs Routine 3	Core Routine 1	N/A	Legs Routine 3
Week 2	Core Routine 3	Legs Routine 3	OFF	Legs Routine 3	Core Routine 2	N/A	Legs Routine 3
Week 3	Core Routine 4	Legs Routine 3	OFF	Legs Routine 3	Core Routine 1	N/A	Legs Routine 3
Week 4	Core Routine 3	N/A	OFF	Legs Routine 3	Core Routine 2	N/A	Legs Routine 3
Week 5	Core Routine 4	N/A	Legs Routine 2	N/A	Core Routine 1	N/A	Legs Routine 2
Week 6	Core Routine 3	N/A	Legs Routine 2	N/A	Core Routine 2	N/A	Legs Routine 2
Week 7	Core Routine 4	N/A	Legs Routine 2	N/A	Core Routine 1	N/A	Legs Routine 2
Week 8	Core Routine 3	N/A	Legs Routine 2	N/A	Core Routine 2	N/A	Legs Routine 2
Week 9	Core Routine 4	N/A	Legs Routine 2	N/A	Core Routine 1	N/A	Legs Routine 2
Week 10	Core Routine 3	N/A	Legs Routine 2 (One Set)	N/A	OFF	N/A	Broad Street

Instructions

1. Strength routine always to be done after the run and can be found here:
<http://www.runyourpersonalbest.com/#!strength-routines/czzk>.
2. Strength training is supplemental to running. If you find you're constantly tired or sore remove or reduce strength training.