

## 10-Week Broad Street Strength Supplement Intermediate

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Core Routine 2	N/A	N/A	Legs Routine 1 or 2	Core Routine 3	N/A	Legs Routine 1 or 2
Week 2	Core Routine 2	N/A	N/A	Legs Routine 1 or 2	Core Routine 4	N/A	Legs Routine 1 or 2
Week 3	Core Routine 1	N/A	N/A	Legs Routine 1 or 2	Core Routine 3	N/A	Legs Routine 1 or 2
Week 4	Core Routine 2	N/A	N/A	Legs Routine 1 or 2	Core Routine 4	N/A	Legs Routine 1 or 2
Week 5	Core Routine 1	N/A	N/A	Legs Routine 1 or 2	Core Routine 3	N/A	Legs Routine 1 or 2
Week 6	Core Routine 2	N/A	N/A	N/A	Legs Routine 1 or 2	Core Routine 4	N/A
Week 7	Legs Routine 1 or 2	Core Routine 1	N/A	N/A	Core Routine 4	N/A	Legs Routine 1 or 2
Week 8	OFF	N/A	Core Routine 2	N/A	Legs Routine 1 or 2	Core Routine 4	N/A
Week 9	Legs Routine 1 or 2	Core Routine 1	N/A	Legs Routine 1 or 2	Core Routine 4	N/A	N/A
Week 10	Legs Routine 1 or 2	Core Routine 2	N/A	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.