

10-Week Broad Street Training Plan Intermediate

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|--------|------------------------------|-----------------------------|---------------------|--------|---------------------------|-----------------------|
| Week 1 | OFF | 4 Miles | 4 Miles + 6 Hill Sprints | 4 Miles | OFF | 5 | 4 Miles or X-Train |
| Week 2 | OFF | 4 Miles + 6 Hill Sprints | 4 Miles | Tempo 2 x 10 min | OFF | 6 | 4 Miles or X-Train |
| Week 3 | OFF | 5 Miles + 8 Hill Sprints | 5 Miles | Tempo 20 min | OFF | 8 | 5 Miles or X-Train |
| Week 4 | OFF | 6 Miles + 8 Hill Sprints | 5 Miles | Tempo 3 x 10 min | OFF | 9 | 5 Miles or X-Train |
| Week 5 | OFF | 6 Miles | 5-6 x 800m | Recovery 5 Miles | OFF | 4 Miles + 3 miles @ GP | 6 Miles or X-Train |
| Week 6 | OFF | 6 Miles + 10 Hill Sprints | 5 Miles | Tempo 30 min | OFF | 5 Miles or X-Train | 10 |
| Week 7 | OFF | 6 Miles | 6-7 x 800m | Recovery 5 Miles | OFF | 4 Miles + 4 miles @ GP | 6 Miles or X-Train |
| Week 8 | OFF | 6 Miles + 10 Hill Sprints | 5 Miles | Tempo 4 x 10 min | OFF | 6 Miles or X-Train | 12 |
| Week 9 | OFF | 6 Miles | 7-8 x 800m | Recovery 5 Miles | OFF | 6 Miles + 2 miles @ GP | 5 Miles or X-Train |
| Week 10 | OFF | 5 Miles | Tempo 10 min | 4 Miles | OFF | 2 Miles | Broad Street |

| Workout Details | |
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| Hill Sprints | Find moderate hill (6%) and run up at 100% max effort for 8 to 12 seconds. Take 2 to 3 minutes walking rest between repeats. |
| Tempo | Tempo pace is determined by 60 to 40 minute race pace. For example, if your 10k PR is 48:00 (7:43/mile). Perform tempo @ 7:50 to 7:35. Pace should feel "comfortably hard," not all out. Take 2 minutes easy jogging recovery between sets of 10 minute (i.e. 2 x 10 minute w/ 2 minutes easy jogging) |
| 800m Repeats | 800m pace is determined by 35 to 25 minute race pace. For example if your 5k PR is 24:00 (7:43/mile), perform 800 meter repeats @ 3:56 – 3:52. Take 90 seconds easy jogging recovery between each 800 meter. Increase difficulty by first doing additional repeats, second reducing rest to 60 seconds, third increase to 1000 meters. Faster is not better. |

Instructions

1. Plan assumes a starting fitness level of being able to run 20 miles per week comfortably over 5 days with the longest run being 5 miles.
2. Proper pacing for runs, tempo's and 800's: Very important that all runs should either be even splits or progress so each mile/repeat gets slightly faster. Your last mile or repeat should always be your fastest. If you're unable complete your last mile/repeat you're starting too fast. Adjust pace slower for next workout.
3. Perform warm up/cool down of 10 to 20 minutes easy/moderate running prior to tempo's and 800 meter repeats
4. Stretching: Perform 10 – 15 minutes of Active Isolation Stretching or AIS after each run (<http://www.runnersworld.com/injury-treatment/active-isolated-stretching-exercises>)
5. How to Increase Difficulty:
 - a. Add additional mileage
 - b. Make the long run a progression run. Steadily increase the pace to somewhere between marathon and 1/2 marathon pace as the run progresses.