

Broad Street Winter Training Schedule

WinCalendar						
January 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 3	10	11 Fast Finish: Run the last mile hard! 4 to 5	12 3	13	14 5 to 7
15	16 3 to 4	17	18 8 x 30 seconds with 30 seconds rest 4 to 5	19 3 to 5	20	21 5 to 8
22	23 3 to 4	24	25 4 to 6 x 1/4 mile with 1/4 mile jog 4 to 5	26 3 to 5	27	28 6 to 9
29	30 3 to 4	31	1 Fast finish- Pick up the pace over the last 2 miles 4 to 6	2 3 to 5	3	4 5 to 6

February 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6 3 to 4	7	8 Pickups 8- 10 x 30 seconds with 30 second jog 4 to 5	9 3 to 5	10	11 Cupids Chase 5k 5 to 7
12	13 3 to 4	14	15 Register for Broad St! 4-6 x 2 minutes with 1 minute rest 4 to 6	16 3 to 5	17	18 Frostbite 5 miler 6 to 8
19	20 3	21	22 easy run_ no workout! 3 to 5	23 3 to 5	24	25 Team Philly Broad St Training Begins! 4 to 7
26	27	28	1	2	3	4