

RUN MADTOWN



8-WEEK 10K - INTERMEDIATE RUNNER TRAINING PLAN

Michelob  **ULTRA.**

IT'S ONLY WORTH IT IF YOU ENJOY IT

Week	M	T CROSS TRAIN	W	T	F CROSS TRAIN	S	S
1	3 miles	40-45 Minutes	3 miles easy	3 miles easy	30-35 Minutes	Rest	4 miles
2	4 miles	40-45 Minutes	4 miles hills	3 miles easy	30-35 Minutes	Rest	5 miles
3	4 miles	40-45 Minutes	3 miles easy	3 miles easy	30-35 Minutes	Rest	6 miles
4	5 miles	40-45 Minutes	4 miles hills	3 miles easy	30-35 Minutes	Rest	8 miles
5	6 miles	40-45 Minutes	3 miles easy	3 miles easy	30-35 Minutes	Rest	6 miles
6	5 miles	40-45 Minutes	4 miles hills	3 miles easy	30-35 Minutes	Rest	8 miles
7	4 miles	40-45 Minutes	3 miles easy	3 miles easy	30-35 Minutes	Rest	4 miles
8	3 miles	30 Minutes	4 miles race pace	Rest	30-35 Minutes	Rest	

THIS TRAINING PLAN IS DESIGNED FOR INTERMEDIATE
RUNNERS PLANNING TO COMPLETE THE 10K ON MAY 25TH