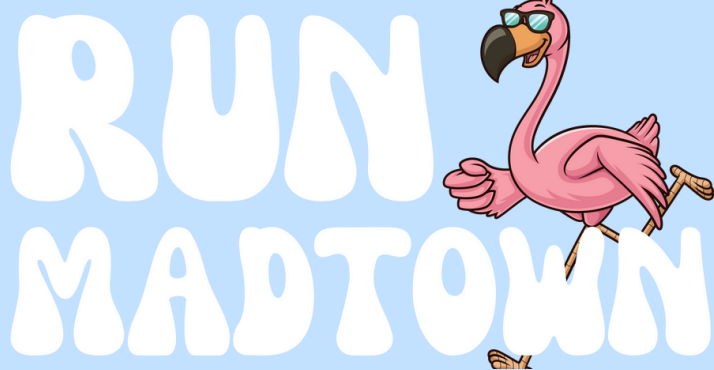




8-WEEK 5K - INTERMEDIATE RUNNER TRAINING PLAN

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	3 miles	Rest
2	4 miles	40-45 Minutes	4 miles hills	3 miles easy	30-35 Minutes	4 miles	Rest
3	4 miles	40-45 Minutes	3 miles easy	3 miles easy	30-35 Minutes	5 miles	Rest
4	4 miles	40-45 Minutes	4 miles hills	3 miles easy	30-35 Minutes	4 miles	Rest
5	5 miles	40-45 Minutes	3 miles easy	3 miles easy	30-35 Minutes	4 miles	Rest
6	4 miles	40-45 Minutes	4 miles hills	3 miles easy	30-35 Minutes	6 miles	Rest
7	3 miles	40-45 Minutes	3 miles easy	3 miles easy	30-35 Minutes	4 miles	Rest
8	3 miles	30 Minutes	2 miles race pace	Rest	Rest		CELEBRATE

THIS TRAINING PLAN IS DESIGNED FOR INTERMEDIATE
RUNNERS PLANNING TO COMPLETE THE
TWILIGHT 5K ON MAY 24TH