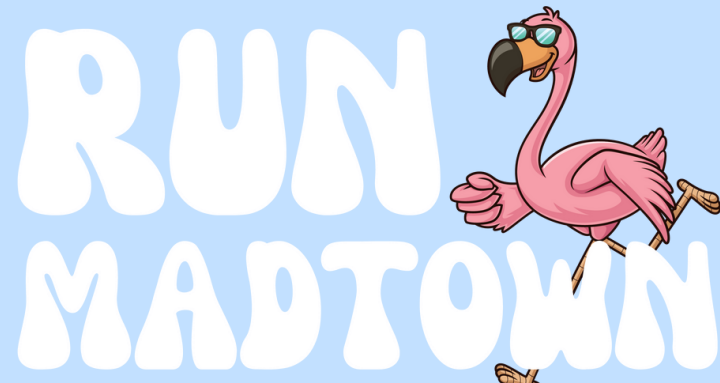




8-WEEK 5K

RUN 3\WALK 2 OR RUN 4\WALK 2

TRAINING PLAN

Michelob  ULTRA®

IT'S ONLY WORTH IT IF YOU ENJOY IT

WEEK	M 3\2 4\2	T CROSS TRAIN	W 3\2\ 4\2	T	F CROSS TRAIN	S	S 3\2\ 4\2
1	20-24 Minutes 2 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Cross train 30 Minutes	Rest	20-24 Minutes 2 miles
2	20-24 Minutes 2 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Cross train 30 Minutes	Rest	20-24 Minutes 2 miles
3	20-24 Minutes 2 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Cross train 30 Minutes	Rest	20-24 Minutes 2 miles
4	20-24 Minutes 2 miles	Cross train 35 Minutes	20-24 Minutes 2 miles	Rest	Cross train 35 Minutes	Rest	25-30 Minutes 3 miles
5	25-30 Minutes 3 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Cross train 35 Minutes	Rest	25-30 Minutes 3 miles
6	25-30 Minutes 3 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Cross train 35 Minutes	Rest	25-30 Minutes 3 miles
7	20-24 Minutes 2 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Cross train 30 Minutes	Rest	20-24 Minutes 2 miles
8	20-24 Minutes 2 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Rest		CELEBRATE

THIS TRAINING PLAN IS DESIGNED FOR
RUN \ WALKERS PLANNING TO COMPLETE THE
TWILIGHT 5K ON MAY 24TH