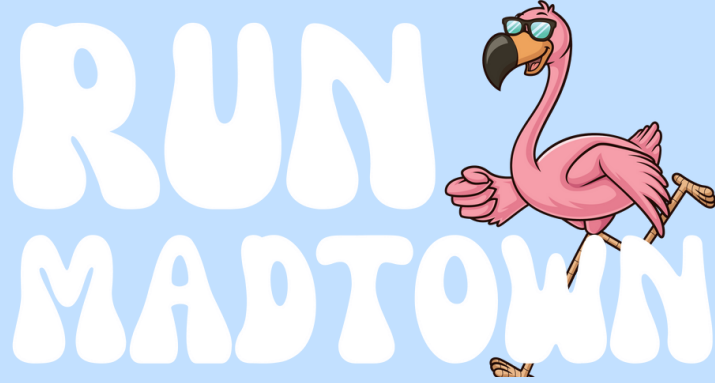




**8-WEEK
5K - WALK
TRAINING PLAN**

Michelob  **ULTRA**

IT'S ONLY WORTH IT IF YOU ENJOY IT

WEEK	M	T	W	T	F	S	S
1	Cross train 30 Minutes	15 Minute Walk	Cross train 30 Minutes	15 Minute Walk	Cross train 30 Minutes	Rest	30-60 min walk
2	Cross train 30 Minutes	15 Minute Walk	Cross train 30 Minutes	15 Minute Walk	Cross train 30 Minutes	Rest	35-60 min walk
3	Cross train 30 Minutes	20 Minute Walk	Cross train 30 Minutes	20 Minute Walk	Cross train 30 Minutes	Rest	40-60 min walk
4	Cross train 30 Minutes	20 Minute Walk	Cross train 30 Minutes	20 Minute Walk	Cross train 30 Minutes	Rest	45-60 min walk
5	Cross train 30 Minutes	25 Minute Walk	Cross train 30 Minutes	25 Minute Walk	Cross train 30 Minutes	Rest	50-60 min walk
6	Cross train 30 Minutes	25 Minute Walk	Cross train 30 Minutes	25 Minute Walk	Cross train 30 Minutes	Rest	55-60 min walk
7	Cross train 30 Minutes	30 Minute Walk	Cross train 30 Minutes	30 Minute Walk	Cross train 30 Minutes	Rest	60 min walk
8	Cross train 30 Minutes	30 Minute Walk	Cross train 30 Minutes	30 Minute Walk	Rest		CELEBRATE

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