

RUN MADTOWN



8-WEEK 10K - NOVICE 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	30 Minutes 3 miles	Cross train 30 Minutes	30 Minutes 3 miles	Rest	Cross train 30 Minutes	Rest	40 Minutes 4 miles
2	45 Minutes 4 miles	Cross train 30 Minutes	45 Minutes 4 miles	Rest	Cross train 30 Minutes	Rest	50 Minutes 5 miles
3	45 Minutes 4 miles	Cross train 30 Minutes	45 Minutes 4 miles	Rest	Cross train 30 Minutes	Rest	60 Minutes 6 miles
4	60 Minutes 6 miles	Cross train 35 Minutes	45 Minutes 4 miles	Rest	Cross train 35 Minutes	Rest	70 Minutes 7 miles
5	60 Minutes 6 miles	Cross train 30 Minutes	45 Minutes 4 miles	Rest	Cross train 35 Minutes	Rest	75 Minutes 7 miles
6	60 Minutes 6 miles	Cross train 30 Minutes	45 Minutes 4 miles	Rest	Cross train 35 Minutes	Rest	80 Minutes 7 miles
7	45 Minutes 4 miles	Cross train 30 Minutes	45 Minutes 4 miles	Rest	Cross train 30 Minutes	Rest	45 Minutes 4 miles
8	30 Minutes 3 miles	Cross train 30 Minutes	30 Minutes 3 miles	Rest	Cross train 30 Minutes	Rest	

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