

# 8-week training plan running

Always consult your physician before beginning any exercise program.

| Team Novo Nordisk Ambassador  | Monday   | Tuesday   | Wednesday                                     | Thursday  | Friday   | Saturday  | Sunday  |
|---|--|---|---|---|--|---|---|
|  <p><b>Week 1 - Becky Furuta</b><br/>Team Novo Nordisk Ambassador<br/>6x Finisher 5K@ADA</p>   | 6<br><b>10 - 15x</b><br>2 minute run<br>1 minute walk  | 7<br><b>8 - 12x</b><br>3 minute run<br>1 minute walk  | 8<br>OFF                                      | 9<br><b>10 - 15x</b><br>2 minute run<br>30 second walk  | 10<br><b>8 - 12x</b><br>3 minute run<br>30 second walk | 11<br>OFF   | 12<br><b>7 - 9x</b><br>4 minute run<br>1 minute walk  |
|  <p><b>Week 2 - Justin McQuerry</b><br/>Team Novo Nordisk Devo Rider</p>                       | 13<br><b>10 - 14x</b><br>3 minute run<br>1 minute walk | 14<br><b>8 - 10x</b><br>4 minute run<br>1 minute walk   | 15<br>OFF<br>or<br>Makeup Day                 | 16<br><b>10 - 14x</b><br>3 minute run<br>30 second walk | 17<br><b>8 - 10x</b><br>4 minute run<br>30 second walk | 18<br>OFF   | 19<br><b>6 - 8x</b><br>5 minute run<br>1 minute walk  |
|  <p><b>Week 3 - Benny Madrigal</b><br/>Team Novo Nordisk Ambassador<br/>5x Finisher 5K@ADA</p> | 20<br><b>8 - 10x</b><br>4 minute run<br>1 minute walk  | 21<br><b>7 - 9x</b><br>5 minute run<br>1 minute walk  | 22<br>OFF<br>or<br>Makeup Day                 | 23<br><b>8 - 10x</b><br>4 minute run<br>30 second walk  | 24<br><b>6 - 8x</b><br>5 minute run<br>30 second walk  | 25<br>OFF   | 26<br><b>6 - 8x</b><br>6 minute run<br>1 minute walk  |
|  <p><b>Week 4 - Sam Brand</b><br/>Team Novo Nordisk Pro Rider<br/>3x Finisher 5K@ADA</p>       | 27<br><b>7 - 9x</b><br>5 minute run<br>1 minute walk   | 28<br><b>7 - 9x</b><br>6 minute run<br>1 minute walk  | 29<br>OFF<br>or<br>Makeup Day                 | 30<br><b>7 - 9x</b><br>5 minute run<br>30 second walk   | 31<br><b>6 - 8x</b><br>6 minute run<br>30 second walk  | 1<br>OFF  | 2<br><b>6 - 8x</b><br>7 minute run<br>1 minute walk   |
|  <p><b>Week 5 - Susu</b><br/>Team Novo Nordisk Ambassador</p>                                 | 3<br><b>7 - 9x</b><br>6 minute run<br>1 minute walk    | 4<br><b>7 - 9x</b><br>7 minute run<br>1 minute walk   | 5<br>OFF<br>or<br>Makeup Day                  | 6<br><b>7 - 9x</b><br>6 minute run<br>30 second walk    | 7<br><b>6 - 8x</b><br>7 minute run<br>30 second walk   | 8<br>OFF  | 9<br><b>6 - 8x</b><br>8 minute run<br>1 minute walk   |
|  <p><b>Week 6 - Andreas Petz</b><br/>Team Novo Nordisk Ambassador<br/>6x Finisher 5K@ADA</p> | 10<br><b>7 - 9x</b><br>7 minute run<br>1 minute walk   | 11<br><b>3x</b> 10 minute run<br>2 minute walk<br><b>8 - 10x</b> 2 minute run<br>30 second walk | 12<br>OFF<br>or<br>Makeup Day                 | 13<br><b>6 - 8x</b><br>8 minute run<br>30 second walk   | 14<br><b>6 - 8x</b><br>8 minute run<br>30 second walk  | 15<br>OFF   | 16<br><b>4 - 7x</b><br>10 minute run<br>1 minute walk |
|  <p><b>Week 7 - Mia Rützou</b><br/>Team Novo Nordisk Ambassador</p>                          | 17<br><b>2x</b><br>15 minute run<br>2 minute walk      | 18<br><b>8 - 12x</b><br>3 minute run<br>30 second walk  | 19<br><b>5K@ADA<br/>VIRTUAL<br/>CHALLENGE</b> | 20<br><b>5K@ADA<br/>VIRTUAL<br/>CHALLENGE</b>           | 21<br><b>5K@ADA<br/>VIRTUAL<br/>CHALLENGE</b>          | 22<br><b>5K@ADA<br/>VIRTUAL<br/>CHALLENGE</b>         | 23<br><b>5K@ADA<br/>VIRTUAL<br/>CHALLENGE</b>         |
|  <p><b>Week 8 - Lucas Dauge</b><br/>Team Novo Nordisk Pro Rider</p>                          | 24<br><b>6 - 8x</b><br>8 minute run<br>30 second walk  | 25<br><b>4 - 5x</b><br>5 minute run<br>1 minute walk  | 26<br>OFF                                     | 27<br><b>6 - 8x</b><br>4 minute run<br>1 minute walk    | 28<br><b>6 - 7x</b><br>6 minute run<br>1 minute walk   | 29<br><b>3 - 4x</b><br>12 minute run<br>2 minute walk | 30<br><b>3 - 4x</b><br>15 minute run<br>1 minute walk |