



8-week training plan **running**

Always consult your physician before beginning any exercise program.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------|--|--|---|---|--|---|---|
| Week 1 April 22 - 28 | 22 10-15x 2 minute run 1 minute walk | 23 8-12x 3 minute run 1 minute walk | 24 OFF | 25 10-15x 2 minute run 30 second walk | 26 8-12x 3 minute run 30 second walk | 27 OFF | 28 7-9x 4 minute run 1 minute walk |
| Week 2 April 29 - May 5 | 29 10-14x 3 minute run 1 minute walk | 30 8-10x 4 minute run 1 minute walk | 1 OFF or Makeup Day | 2 10-14x 3 minute run 30 second walk | 3 8-10x 4 minute run 30 second walk | 4 OFF | 5 6-8x 5 minute run 1 minute walk |
| Week 3 May 6 - 12 | 6 8-10x 4 minute run 1 minute walk | 7 7-9x 5 minute run 1 minute walk | 8 OFF or Makeup Day | 9 8-10x 4 minute run 30 second walk | 10 6-8x 5 minute run 30 second walk | 11 OFF | 12 6-8x 6 minute run 1 minute walk |
| Week 4 May 13 - 19 | 13 7-9x 5 minute run 1 minute walk | 14 7-9x 6 minute run 1 minute walk | 15 OFF or Makeup Day | 16 7-9x 5 minute run 30 second walk | 17 6-8x 6 minute run 30 second walk | 18 OFF | 19 6-8x 7 minute run 1 minute walk |
| Week 5 May 20 - 26 | 20 7-9x 6 minute run 1 minute walk | 21 7-9x 7 minute run 1 minute walk | 22 OFF or Makeup Day | 23 7-9x 6 minute run 30 second walk | 24 6-8x 7 minute run 30 second walk | 25 OFF | 26 6-8x 8 minute run 1 minute walk |
| Week 6 May 27 - June 2 | 27 7-9x 7 minute run 1 minute walk | 28 3x 10 minute run 2 minute walk 8-10x 2 minute run 30 second walk | 29 OFF or Makeup Day | 30 6-8x 8 minute run 30 second walk | 31 6-8x 8 minute run 30 second walk | 1 OFF | 2 4-7x 10 minute run 1 minute walk |
| Week 7 June 3 - 9 | 3 2x 15 minute run 2 minute walk | 4 8-12x 3 minute run 30 second walk | 5 1x 20 minute run 2 minute walk 2x 5 minute run 1 minute walk | 6 OFF Travel Day | 7 6-8x 8 minute run 30 second walk | 8 4-5x 5 minute run 1 minute walk | 9 |
| Week 8 June 10 - 16 | 10 4-5x 5 minute run 2 minute walk | 11 5-6x 4 minute run 1 minute walk | 12 OFF Travel Day | 13 6-8x 4 minute run 1 minute walk | 14 6-7x 6 minute run 1 minute walk | 15 3-4x 12 minute run 2 minute walk | 16 3-4x 15 minute run 1 minute walk |

5K@ADA
 Sunday, June 9, 2019
 Start Time: 6:30 AM
 Register: www.ada5k.com

Join us in San Francisco for the 5K@ADA and take the opportunity to raise public awareness about the importance of a healthy lifestyle in preventing type 2 diabetes. Over 1,235 people completed the 5K@ADA last year in Orlando. This year, we hope to activate even more, so bring your friends along for an early morning run or walk!



SAN FRANCISCO, CA • JUNE 7 - 11, 2019

