



8-week training plan walking

Always consult your physician before beginning any exercise program.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 April 22 - 28	22 20 minute walk	23 25 minute walk	24 OFF	25 25 minute walk	26 30 minute walk	27 OFF	28 35 minute walk
Week 2 April 29 - May 5	29 25 minute walk	30 30 minute walk	1 OFF	2 35 minute walk	3 40 minute walk	4 OFF	5 45 minute walk
Week 3 May 6 - 12	6 30 minute walk	7 35 minute walk	8 OFF	9 40 minute walk	10 45 minute walk	11 OFF	12 50 minute walk
Week 4 May 13 - 19	13 35 minute walk	14 40 minute walk	15 OFF	16 45 minute walk	17 45 minute walk	18 OFF	19 55 minute walk
Week 5 May 20 - 26	20 35 minute walk	21 45 minute walk	22 OFF	23 45 minute walk	24 50 minute walk	25 OFF	26 60 minute walk
Week 6 May 27 - June 2	27 40 minute walk	28 45 minute walk	29 OFF	30 45 minute walk	31 50 minute walk	1 OFF	2 55 minute walk
Week 7 June 3 - 9	3 40 minute walk	4 45 minute walk	5 30 minute walk	6 OFF Travel Day	7 40 minute walk	8 OFF	9 5K@ADA san francisco, 2019
Week 8 June 10 - 16	10 30 minute walk	11 40 minute walk	12 OFF Travel Day	13 45 minute walk	14 50 minute walk	15 OFF	16 45 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

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