

8-week training plan **running**

Always consult your physician before beginning any exercise program.

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

5K@ADA
Sunday, June 14, 2020
Start Time: 6:30 AM
Register: www.ada5k.com

Join us in Chicago 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 1,200 people completed the 5K@ADA last year in San Francisco. This year, we hope to activate even more, so bring your friends along for an early morning run or walk!



CHICAGO, IL • JUNE 12 - 16, 2020

80TH
**SCIENTIFIC
SESSIONS**

