

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	12 5K@ADA VIRTUAL CHALLENGE	13 5K@ADA VIRTUAL CHALLENGE	14 5K@ADA VIRTUAL CHALLENGE
Week 8 June 15 - 21	15 6-8x 8 minute run 30 second walk	16 4-5x 5 minute run 1 minute walk	17 OFF	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 Virtual Challenge
June 12 -14, 2020
Register: www.ada5k.com

Join us for the 5K@ADA Virtual Challenge anytime during June 12 - 14, 2020! The 5K@ADA Virtual Challenge brings together citizens of Chicago and ADA attendees to emphasize the need for increased physical activity to help prevent diabetes and diabetes complications. This disease awareness activity provides participants with the opportunity to raise public awareness about the importance of a healthy lifestyle in preventing and controlling diabetes.



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80TH SCIENTIFIC SESSIONS

