

8-week training plan **walking**

Always consult your physician before beginning any exercise program.

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