

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 Travel Day	12 40 minute walk	13 OFF	14 5K@ADA 5K run/walk to change diabetes
Week 8 June 15 - 21	15 30 minute walk	16 40 minute walk	17 OFF Travel Day	18 45 minute walk	19 50 minute walk	20 OFF	21 45 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!