

8-week training plan **running**

Always consult your physician before beginning any exercise program.

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

5K@ADA
Virtual Challenge
June 25 - 27, 2021
Register: www.ada5k.com

Join us for the 5K@ADA Virtual Challenge anytime during June 25 - 27, 2021! The 5K@ADA Virtual Challenge brings together people across the globe and American Diabetes Association 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.

