

# 8-week training plan walking

Always consult your physician before beginning any exercise program.

|                                   | Monday                         | Tuesday                        | Wednesday                      | Thursday                       | Friday   | Saturday   | Sunday   |
|-----------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--|--|--|
| <b>Week 1</b><br>May 10 - 16      | <b>10</b><br>20<br>minute walk | <b>11</b><br>25<br>minute walk | <b>12</b><br>OFF               | <b>13</b><br>25<br>minute walk | <b>14</b><br>30<br>minute walk                       | <b>15</b><br>OFF                                     | <b>16</b><br>35<br>minute walk                       |
| <b>Week 2</b><br>May 17 - 23      | <b>17</b><br>25<br>minute walk | <b>18</b><br>30<br>minute walk | <b>19</b><br>OFF               | <b>20</b><br>35<br>minute walk | <b>21</b><br>40<br>minute walk                       | <b>22</b><br>OFF                                     | <b>23</b><br>45<br>minute walk                       |
| <b>Week 3</b><br>May 24 - 30      | <b>24</b><br>30<br>minute walk | <b>25</b><br>35<br>minute walk | <b>26</b><br>OFF               | <b>27</b><br>40<br>minute walk | <b>28</b><br>45<br>minute walk                       | <b>29</b><br>OFF                                     | <b>30</b><br>50<br>minute walk                       |
| <b>Week 4</b><br>May 31 - June 6  | <b>31</b><br>35<br>minute walk | <b>1</b><br>40<br>minute walk  | <b>2</b><br>OFF                | <b>3</b><br>45<br>minute walk  | <b>4</b><br>45<br>minute walk                        | <b>5</b><br>OFF                                      | <b>6</b><br>55<br>minute walk                        |
| <b>Week 5</b><br>June 7 - 13      | <b>7</b><br>35<br>minute walk  | <b>8</b><br>45<br>minute walk  | <b>9</b><br>OFF                | <b>10</b><br>45<br>minute walk | <b>11</b><br>50<br>minute walk                       | <b>12</b><br>OFF                                     | <b>13</b><br>60<br>minute walk                       |
| <b>Week 6</b><br>June 14 - 20     | <b>14</b><br>40<br>minute walk | <b>15</b><br>45<br>minute walk | <b>16</b><br>OFF               | <b>17</b><br>45<br>minute walk | <b>18</b><br>50<br>minute walk                       | <b>19</b><br>OFF                                     | <b>20</b><br>55<br>minute walk                       |
| <b>Week 7</b><br>June 21 - 27     | <b>21</b><br>40<br>minute walk | <b>22</b><br>45<br>minute walk | <b>23</b><br>30<br>minute walk | <b>24</b><br>OFF               | <b>25</b><br><b>5K@ADA<br/>VIRTUAL<br/>CHALLENGE</b> | <b>26</b><br><b>5K@ADA<br/>VIRTUAL<br/>CHALLENGE</b> | <b>27</b><br><b>5K@ADA<br/>VIRTUAL<br/>CHALLENGE</b> |
| <b>Week 8</b><br>June 28 - July 4 | <b>28</b><br>30<br>minute walk | <b>29</b><br>40<br>minute walk | <b>30</b><br>OFF               | <b>1</b><br>45<br>minute walk  | <b>2</b><br>50<br>minute walk                        | <b>3</b><br>OFF                                      | <b>4</b><br>45<br>minute walk                        |

**5K@ADA**  
**Virtual Challenge**  
June 25 - 27, 2021  
Register: [www.ada5k.com](http://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.

