

Always consult your physician before beginning any exercise program.

Team Novo Nordisk Ambassador	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Week 1 - Becky Furuta Team Novo Nordisk Ambassador 3x Finisher 5K@ADA	18 10-15x 2 minute run 1 minute walk	19 8-12x 3 minute run 1 minute walk	20 OFF	21 10-15x 2 minute run 30 second walk	22 8-12x 3 minute run 30 second walk	23 OFF	24 7-9x 4 minute run 1 minute walk
 Week 2 - Sam Brand Team Novo Nordisk Pro Rider 2x Finisher 5K@ADA	25 10-14x 3 minute run 1 minute walk	26 8-10x 4 minute run 1 minute walk	27 OFF or Makeup Day	28 10-14x 3 minute run 30 second walk	29 8-10x 4 minute run 30 second walk	30 OFF	1 6-8x 5 minute run 1 minute walk
 Week 3 - Andreas Petz Team Novo Nordisk Ambassador 1x Finisher 5K@ADA	2 8-10x 4 minute run 1 minute walk	3 7-9x 5 minute run 1 minute walk	4 OFF or Makeup Day	5 8-10x 4 minute run 30 second walk	6 6-8x 5 minute run 30 second walk	7 OFF	8 6-8x 6 minute run 1 minute walk
 Week 4 - Thomas Chang Team Novo Nordisk Ambassador 1x Finisher 5K@ADA	9 7-9x 5 minute run 1 minute walk	10 7-9x 6 minute run 1 minute walk	11 OFF or Makeup Day	12 7-9x 5 minute run 30 second walk	13 6-8x 6 minute run 30 second walk	14 OFF	15 6-8x 7 minute run 1 minute walk
 Week 5 - Mandy Marquardt Team Novo Nordisk Pro Rider, Track 2x Finisher 5K@ADA	16 7-9x 6 minute run 1 minute walk	17 7-9x 7 minute run 1 minute walk	18 OFF or Makeup Day	19 7-9x 6 minute run 30 second walk	20 6-8x 7 minute run 30 second walk	21 OFF	22 6-8x 8 minute run 1 minute walk
 Week 6 - Benny Madrigal Team Novo Nordisk Ambassador 5x Finisher 5K@ADA	23 7-9x 7 minute run 1 minute walk	24 3x 10 minute run 2 minute walk 8-10x 2 minute run 30 second walk	25 OFF or Makeup Day	26 6-8x 8 minute run 30 second walk	27 6-8x 8 minute run 30 second walk	28 OFF	29 4-7x 10 minute run 1 minute walk
 Week 7 - Nigel De Sota Team Novo Nordisk Devo Rider 1x Finisher 5K@ADA	30 2x 15 minute run 2 minute walk	31 8-12x 3 minute run 30 second walk	1 5K@ADA VIRTUAL CHALLENGE	2 5K@ADA VIRTUAL CHALLENGE	3 5K@ADA VIRTUAL CHALLENGE	4 5K@ADA VIRTUAL CHALLENGE	5 5K@ADA VIRTUAL CHALLENGE
 Week 8 - Matyas Kopecky Team Novo Nordisk Pro Rider Debut 5K@ADA	6 6-8x 8 minute run 30 second walk	7 4-5x 5 minute run 1 minute walk	8 OFF	9 6-8x 4 minute run 1 minute walk	10 6-7x 6 minute run 1 minute walk	11 3-4x 12 minute run 2 minute walk	12 3-4x 15 minute run 1 minute walk

5K@ADA
Virtual Challenge
June 1-5, 2022
Register: www.ada5k.com

Join us for the 5K@ADA Virtual Challenge anytime during June 1-5, 2022! 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.

