
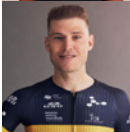


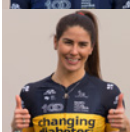
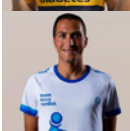
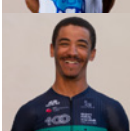
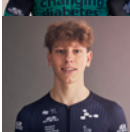


5K@ADA

5K run/walk to **change** diabetes

8-week training plan walking

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 20 minute walk	19 25 minute walk	20 OFF	21 25 minute walk	22 30 minute walk	23 OFF	24 35 minute walk
 Week 2 - Sam Brand Team Novo Nordisk Pro Rider 2x Finisher 5K@ADA	25 25 minute walk	26 30 minute walk	27 OFF	28 35 minute walk	29 40 minute walk	30 OFF	1 45 minute walk
 Week 3 - Andreas Petz Team Novo Nordisk Ambassador 1x Finisher 5K@ADA	2 30 minute walk	3 35 minute walk	4 OFF	5 40 minute walk	6 45 minute walk	7 OFF	8 50 minute walk
 Week 4 - Thomas Chang Team Novo Nordisk Ambassador 1x Finisher 5K@ADA	9 35 minute walk	10 40 minute walk	11 OFF	12 45 minute walk	13 45 minute walk	14 OFF	15 55 minute walk
 Week 5 - Mandy Marquardt Team Novo Nordisk Pro Rider, Track 2x Finisher 5K@ADA	16 35 minute walk	17 45 minute walk	18 OFF	19 45 minute walk	20 50 minute walk	21 OFF	22 60 minute walk
 Week 6 - Benny Madrigal Team Novo Nordisk Ambassador 5x Finisher 5K@ADA	23 40 minute walk	24 45 minute walk	25 OFF	26 45 minute walk	27 50 minute walk	28 OFF	29 55 minute walk
 Week 7 - Nigel De Sota Team Novo Nordisk Devo Rider 1x Finisher 5K@ADA	30 40 minute walk	31 45 minute 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 30 minute walk	7 40 minute walk	8 OFF	9 45 minute walk	10 50 minute walk	11 OFF	12 45 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.

