

8-week training plan running

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 6x Finisher 5K@ADA	6 10 - 15x 2 minute run 1 minute walk	7 8 - 12x 3 minute run 1 minute walk	8 OFF	9 10 - 15x 2 minute run 30 second walk	10 8 - 12x 3 minute run 30 second walk	11 OFF	12 7 - 9x 4 minute run 1 minute walk
 Week 2 - Justin Morris Team Novo Nordisk Ambassador 3x Finisher 5K@ADA	13 10 - 14x 3 minute run 1 minute walk	14 8 - 10x 4 minute run 1 minute walk	15 OFF or Makeup Day	16 10 - 14x 3 minute run 30 second walk	17 8 - 10x 4 minute run 30 second walk	18 OFF	19 6 - 8x 5 minute run 1 minute walk
 Week 3 - Benny Madrigal Team Novo Nordisk Ambassador 5x Finisher 5K@ADA	20 8 - 10x 4 minute run 1 minute walk	21 7 - 9x 5 minute run 1 minute walk	22 OFF or Makeup Day	23 8 - 10x 4 minute run 30 second walk	24 6 - 8x 5 minute run 30 second walk	25 OFF	26 6 - 8x 6 minute run 1 minute walk
 Week 4 - Sam Brand Team Novo Nordisk Pro Rider 3x Finisher 5K@ADA	27 7 - 9x 5 minute run 1 minute walk	28 7 - 9x 6 minute run 1 minute walk	29 OFF or Makeup Day	30 7 - 9x 5 minute run 30 second walk	31 6 - 8x 6 minute run 30 second walk	1 OFF	2 6 - 8x 7 minute run 1 minute walk
 Week 5 - Susu Team Novo Nordisk Ambassador	3 7 - 9x 6 minute run 1 minute walk	4 7 - 9x 7 minute run 1 minute walk	5 OFF or Makeup Day	6 7 - 9x 6 minute run 30 second walk	7 6 - 8x 7 minute run 30 second walk	8 OFF	9 6 - 8x 8 minute run 1 minute walk
 Week 6 - Andreas Petz Team Novo Nordisk Ambassador 6x Finisher 5K@ADA	10 7 - 9x 7 minute run 1 minute walk	11 3x 10 minute run 2 minute walk 8 - 10x 2 minute run 30 second walk	12 OFF or Makeup Day	13 6 - 8x 8 minute run 30 second walk	14 6 - 8x 8 minute run 30 second walk	15 OFF	16 4 - 7x 10 minute run 1 minute walk
 Week 7 - Mia Rützou Team Novo Nordisk Ambassador	17 2x 15 minute run 2 minute walk	18 8 - 12x 3 minute run 30 minute walk	19 5K@ADA VIRTUAL CHALLENGE	20 5K@ADA VIRTUAL CHALLENGE	21 5K@ADA VIRTUAL CHALLENGE	22 5K@ADA VIRTUAL CHALLENGE	23 5K@ADA VIRTUAL CHALLENGE
 Week 8 - Lucas Dauge Team Novo Nordisk Pro Rider	24 6 - 8x 8 minute run 30 second walk	25 4 - 5x 5 minute run 1 minute walk	26 OFF	27 6 - 8x 4 minute run 1 minute walk	28 6 - 7x 6 minute run 1 minute walk	29 3 - 4x 12 minute run 2 minute walk	30 3 - 4x 15 minute run 1 minute walk