



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
 <p>Week 1 - Becky Furuta Team Novo Nordisk Ambassador 6x Finisher 5K@ADA</p>	6 20 minute walk	7 25 minute walk	8 OFF	9 25 minute walk	10 30 minute walk	11 OFF	12 35 minute walk
 <p>Week 2 - Justin Morris Team Novo Nordisk Ambassador 3x Finisher 5K@ADA</p>	13 25 minute walk	14 30 minute walk	15 OFF	16 35 minute walk	17 40 minute walk	18 OFF	19 45 minute walk
 <p>Week 3 - Benny Madrigal Team Novo Nordisk Ambassador 5x Finisher 5K@ADA</p>	20 30 minute walk	21 35 minute walk	22 OFF	23 40 minute walk	24 45 minute walk	25 OFF	26 50 minute walk
 <p>Week 4 - Sam Brand Team Novo Nordisk Pro Rider 3x Finisher 5K@ADA</p>	27 35 minute walk	28 40 minute walk	29 OFF	30 45 minute walk	31 45 minute walk	1 OFF	2 55 minute walk
 <p>Week 5 - Susu Team Novo Nordisk Ambassador</p>	3 35 minute walk	4 45 minute walk	5 OFF	6 45 minute walk	7 50 minute walk	8 OFF	9 60 minute walk
 <p>Week 6 - Andreas Petz Team Novo Nordisk Ambassador 6x Finisher 5K@ADA</p>	10 40 minute walk	11 45 minute walk	12 OFF	13 45 minute walk	14 50 minute walk	15 OFF	16 55 minute walk
 <p>Week 7 - Mia Rützou Team Novo Nordisk Ambassador</p>	17 40 minute walk	18 45 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
 <p>Week 8 - Lucas Dauge Team Novo Nordisk Pro Rider</p>	24 30 minute walk	25 40 minute walk	26 OFF	27 45 minute walk	28 50 minute walk	29 OFF	30 45 minute walk