


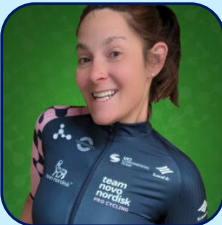


8-week training plan running

Always consult your physician before beginning any exercise program.

Team Novo Nordisk Ambassador	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Weeks 1 & 2 Sam Brand 4x Finisher 5K@ADA</p>	5 10 - 15x 2 minute run 1 minute walk	6 8 - 12x 3 minute run 1 minute walk	7 OFF	8 10 - 15x 2 minute run 30 second walk	9 8 - 12x 3 minute run 30 second walk	10 OFF	11 7 - 9x 4 minute run 1 minute walk
	12 10 - 14x 3 minute run 1 minute walk	13 8 - 10x 4 minute run 1 minute walk	14 OFF or Makeup Day	15 10 - 14x 3 minute run 30 second walk	16 8 - 10x 4 minute run 30 second walk	17 OFF	18 6 - 8x 5 minute run 1 minute walk
 <p>Weeks 3 & 4 Andreas Petz 7x Finisher 5K@ADA</p>	19 8 - 10x 4 minute run 1 minute walk	20 7 - 9x 5 minute run 1 minute walk	21 OFF or Makeup Day	22 8 - 10x 4 minute run 30 second walk	23 6 - 8x 5 minute run 30 second walk	24 OFF	25 6 - 8x 6 minute run 1 minute walk
	26 7 - 9x 5 minute run 1 minute walk	27 7 - 9x 6 minute run 1 minute walk	28 OFF or Makeup Day	29 7 - 9x 5 minute run 30 second walk	30 6 - 8x 6 minute run 30 second walk	31 OFF	1 6 - 8x 7 minute run 1 minute walk
 <p>Weeks 5 & 6 Susu 1x Finisher 5K@ADA</p>	2 7 - 9x 6 minute run 1 minute walk	3 7 - 9x 7 minute run 1 minute walk	4 OFF or Makeup Day	5 7 - 9x 6 minute run 30 second walk	6 6 - 8x 7 minute run 30 second walk	7 OFF	8 6 - 8x 8 minute run 1 minute walk
	9 7 - 9x 7 minute run 1 minute walk	10 3x 10 minute run 2 minute walk 8 - 10x 2 minute run 30 second walk	11 OFF or Makeup Day	12 6 - 8x 8 minute run 30 second walk	13 6 - 8x 8 minute run 30 second walk	14 OFF	15 4 - 7x 10 minute run 1 minute walk
 <p>Weeks 7 & 8 Becky Furuta 7x Finisher 5K@ADA</p>	16 2x 15 minute run 2 minute walk	17 8 - 12x 3 minute run 30 second walk	18 5K@ADA VIRTUAL CHALLENGE	19 5K@ADA VIRTUAL CHALLENGE	20 5K@ADA VIRTUAL CHALLENGE	21 5K@ADA VIRTUAL CHALLENGE	22 5K@ADA VIRTUAL CHALLENGE
	23 6 - 8x 8 minute run 30 second walk	24 4 - 5x 5 minute run 1 minute walk	25 OFF	26 6 - 8x 4 minute run 1 minute walk	27 6 - 7x 6 minute run 1 minute walk	28 3 - 4x 12 minute run 2 minute walk	29 3 - 4x 15 minute run 1 minute walk