





# 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><b>Weeks 1 &amp; 2</b> <b>Sam Brand</b> 4x Finisher 5K@ADA</p>	5 20 minute walk	6 25 minute walk	7 OFF	8 25 minute walk	9 30 minute walk	10 OFF	11 35 minute walk
	12 25 minute walk	13 30 minute walk	14 OFF	15 35 minute walk	16 40 minute walk	17 OFF	18 45 minute walk
 <p><b>Weeks 3 &amp; 4</b> <b>Andreas Petz</b> 7x Finisher 5K@ADA</p>	19 30 minute walk	20 35 minute walk	21 OFF	22 40 minute walk	23 45 minute walk	24 OFF	25 50 minute walk
	26 35 minute walk	27 40 minute walk	28 OFF	29 45 minute walk	30 45 minute walk	31 OFF	1 55 minute walk
 <p><b>Weeks 5 &amp; 6</b> <b>Susu</b> 1x Finisher 5K@ADA</p>	2 35 minute walk	3 45 minute walk	4 OFF	5 45 minute walk	6 50 minute walk	7 OFF	8 60 minute walk
	9 40 minute walk	10 45 minute walk	11 OFF	12 45 minute walk	13 50 minute walk	14 OFF	15 55 minute walk
 <p><b>Weeks 7 &amp; 8</b> <b>Becky Furuta</b> 7x Finisher 5K@ADA</p>	16 40 minute walk	17 45 minute 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 30 minute walk	24 40 minute walk	25 OFF	26 45 minute walk	27 50 minute walk	28 OFF	29 45 minute walk