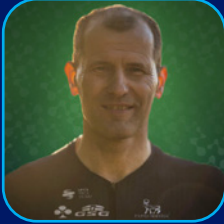
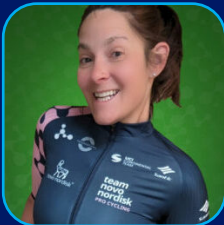


# 5K@ADA team CHALLENGE novo nordisk

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

5K@ADA Challenge  
June 3-10, 2026  
Register: [www.ada5k.com](http://www.ada5k.com)



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