

5K@ADA 8-week training plan **running**

5K run/walk to change diabetes

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 5x Finisher 5K@ADA	8 10-15x 2 minute run 1 minute walk	9 8-12x 3 minute run 1 minute walk	10 OFF	11 10-15x 2 minute run 30 second walk	12 8-12x 3 minute run 30 second walk	13 OFF	14 7-9x 4 minute run 1 minute walk	
 Week 2 - Sam Brand Team Novo Nordisk Pro Rider 2x Finisher 5K@ADA	15 10-14x 3 minute run 1 minute walk	16 8-10x 4 minute run 1 minute walk	17 OFF or Makeup Day	18 10-14x 3 minute run 30 second walk	19 8-10x 4 minute run 30 second walk	20 OFF	21 6-8x 5 minute run 1 minute walk	
 Week 3 - Andreas Petz Team Novo Nordisk Ambassador 1x Finisher 5K@ADA	22 8-10x 4 minute run 1 minute walk	23 7-9x 5 minute run 1 minute walk	24 OFF or Makeup Day	25 8-10x 4 minute run 30 second walk	26 6-8x 5 minute run 30 second walk	27 OFF	28 6-8x 6 minute run 1 minute walk	
 Week 4 - Thomas Chang Team Novo Nordisk Ambassador 1x Finisher 5K@ADA	29 7-9x 5 minute run 1 minute walk	30 7-9x 6 minute run 1 minute walk	31 OFF or Makeup Day	1 7-9x 5 minute run 30 second walk	2 6-8x 6 minute run 30 second walk	3 OFF	4 6-8x 7 minute run 1 minute walk	
 Week 5 - Mandy Marquardt Team Novo Nordisk Pro Rider, Track 1x Finisher 5K@ADA	5 7-9x 6 minute run 1 minute walk	6 7-9x 7 minute run 1 minute walk	7 OFF or Makeup Day	8 7-9x 6 minute run 30 second walk	9 6-8x 7 minute run 30 second walk	10 OFF	11 6-8x 8 minute run 1 minute walk	
 Week 6 - Benny Madrigal Team Novo Nordisk Ambassador 4x Finisher 5K@ADA	12 7-9x 7 minute run 1 minute walk	13 3x 10 minute run 2 minute walk 8-10x 2 minute run 30 second walk	14 OFF or Makeup Day	15 6-8x 8 minute run 30 second walk	16 6-8x 8 minute run 30 second walk	17 OFF	18 4-7x 10 minute run 1 minute walk	
 Week 7 - Nigel De Sota Team Novo Nordisk Devo Rider	19 2x 15 minute run 2 minute walk	20 8-12x 3 minute run 30 second walk	21 5K@ADA VIRTUAL CHALLENGE		22 5K@ADA VIRTUAL CHALLENGE		23 5K@ADA VIRTUAL CHALLENGE	
 Week 8 - Matyas Kopecky Team Novo Nordisk Pro Rider	26 6-8x 8 minute run 30 second walk	27 4-5x 5 minute run 1 minute walk	28 OFF	29 6-8x 4 minute run 1 minute walk	30 6-7x 6 minute run 1 minute walk	1 3-4x 12 minute run 2 minute walk	2 3-4x 15 minute run 1 minute walk	

5K@ADA
Virtual Challenge
June 21-25, 2023
Register: www.ada5k.com

Join us for the 5K@ADA Virtual Challenge anytime during June 21-25, 2023! The 5K@ADA Virtual Challenge brings together people across the globe and American Diabetes Association attendees to emphasize the need for increased physical activity to help prevent diabetes and diabetes complications. This disease awareness activity provides participants with the opportunity to raise public awareness about the importance of a healthy lifestyle in preventing and controlling diabetes.

