



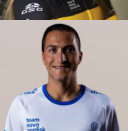




# 5K@ADA 8-week training plan walking

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
 <b>Week 1 - Becky Furuta</b> Team Novo Nordisk Ambassador 5x Finisher 5K@ADA	<b>8</b> 20 minute walk	<b>9</b> 25 minute walk	<b>10</b> OFF	<b>11</b> 25 minute walk	<b>12</b> 30 minute walk	<b>13</b> OFF	<b>14</b> 35 minute walk
 <b>Week 2 - Sam Brand</b> Team Novo Nordisk Pro Rider 2x Finisher 5K@ADA	<b>15</b> 25 minute walk	<b>16</b> 30 minute walk	<b>17</b> OFF	<b>18</b> 35 minute walk	<b>19</b> 40 minute walk	<b>20</b> OFF	<b>21</b> 45 minute walk
 <b>Week 3 - Andreas Petz</b> Team Novo Nordisk Ambassador 1x Finisher 5K@ADA	<b>22</b> 30 minute walk	<b>23</b> 35 minute walk	<b>24</b> OFF	<b>25</b> 40 minute walk	<b>26</b> 45 minute walk	<b>27</b> OFF	<b>28</b> 50 minute walk
 <b>Week 4 - Thomas Chang</b> Team Novo Nordisk Ambassador 1x Finisher 5K@ADA	<b>29</b> 35 minute walk	<b>30</b> 40 minute walk	<b>31</b> OFF	<b>1</b> 45 minute walk	<b>2</b> 45 minute walk	<b>3</b> OFF	<b>4</b> 55 minute walk
 <b>Week 5 - Mandy Marquardt</b> Team Novo Nordisk Pro Rider, Track 1x Finisher 5K@ADA	<b>5</b> 35 minute walk	<b>6</b> 45 minute walk	<b>7</b> OFF	<b>8</b> 45 minute walk	<b>9</b> 50 minute walk	<b>10</b> OFF	<b>11</b> 60 minute walk
 <b>Week 6 - Benny Madrigal</b> Team Novo Nordisk Ambassador 4x Finisher 5K@ADA	<b>12</b> 40 minute walk	<b>13</b> 45 minute walk	<b>14</b> OFF	<b>15</b> 45 minute walk	<b>16</b> 50 minute walk	<b>17</b> OFF	<b>18</b> 55 minute walk
 <b>Week 7 - Nigel De Sota</b> Team Novo Nordisk Devo Rider	<b>19</b> 40 minute walk	<b>20</b> 45 minute walk	<b>21</b> <b>5K@ADA VIRTUAL CHALLENGE</b>	<b>22</b> <b>5K@ADA VIRTUAL CHALLENGE</b>	<b>23</b> <b>5K@ADA VIRTUAL CHALLENGE</b>	<b>24</b> <b>5K@ADA VIRTUAL CHALLENGE</b>	<b>25</b> <b>5K@ADA VIRTUAL CHALLENGE</b>
 <b>Week 8 - Matyas Kopecky</b> Team Novo Nordisk Pro Rider	<b>26</b> 30 minute walk	<b>27</b> 40 minute walk	<b>28</b> OFF	<b>29</b> 45 minute walk	<b>30</b> 50 minute walk	<b>1</b> OFF	<b>2</b> 45 minute walk

**5K@ADA**  
**Virtual Challenge**  
June 21-25, 2023  
Register: [www.ada5k.com](http://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.

