

8-week training plan walking

Always consult your physician before beginning any exercise program.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------|--------------------------------|--------------------------------|--|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| Week 1 Aug. 5 - 11 | 5 20 minute walk | 6 25 minute walk | 7 OFF | 8 25 minute walk | 9 30 minute walk | 10 OFF | 11 35 minute walk |
| Week 2 Aug. 12 - 18 | 12 25 minute walk | 13 30 minute walk | 14 OFF | 15 35 minute walk | 16 40 minute walk | 17 OFF | 18 45 minute walk |
| Week 3 Aug. 19 - 25 | 19 30 minute walk | 20 35 minute walk | 21 OFF | 22 40 minute walk | 23 45 minute walk | 24 OFF | 25 50 minute walk |
| Week 4 Aug. 26 - Sept. 1 | 26 35 minute walk | 27 40 minute walk | 28 OFF | 29 45 minute walk | 30 45 minute walk | 31 OFF | 1 55 minute walk |
| Week 5 Sept. 2 - 8 | 2 35 minute walk | 3 45 minute walk | 4 OFF | 5 45 minute walk | 6 50 minute walk | 7 OFF | 8 60 minute walk |
| Week 6 Sept. 9 - 15 | 9 40 minute walk | 10 45 minute walk | 11 OFF | 12 45 minute walk | 13 50 minute walk | 14 OFF Travel Day | 15 30 minute walk |
| Week 7 Sept. 16 - 22 | 16 40 minute walk | 17 20 minute walk | 18 5K@EASD 5K run/walk to change diabetes | 19 OFF Travel Day | 20 40 minute walk | 21 OFF | 22 35 minute walk |
| Week 8 Sept. 23 - 29 | 23 30 minute walk | 24 40 minute walk | 25 OFF | 26 45 minute walk | 27 50 minute walk | 28 OFF | 29 45 minute walk |

5K@EASD

Wednesday 18 September 2019

Start Time: 20:30

Register: www.easd5k.com

Join us in Barcelona for the 5K@EASD and take the opportunity to raise public awareness about the importance of a healthy lifestyle in preventing type 2 diabetes. Over 800 people completed the 5K@EASD last year in Berlin. This year we want to encourage even more to take part, so spread the word and bring your friends along for an evening run or walk.

