



5K@EASD

5K run/walk to **change** diabetes

8-week training plan **running**

Always consult your physician before beginning any exercise program.

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

5K@EASD
 Wednesday 23 September 2020
 Start Time: 20:30
 Register: www.easd5k.com

Join us in Vienna for the 5K@EASD and take the opportunity to raise public awareness about the importance of a healthy lifestyle in preventing type 2 diabetes. More than 1,110 people completed the 5K@EASD last year in Barcelona, and 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.

