



5K@EASD

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

8-week training plan walking

Always consult your physician before beginning any exercise program.

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

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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.

