

Always consult your physician before beginning any exercise program.

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

**5K@EASD**  
**Virtual Challenge**  
25-29 September 2021  
Register: [www.easd5k.com](http://www.easd5k.com)

Join us for the 5K@EASD Virtual Challenge anytime during 25-29 September 2021! The 5K@EASD Virtual Challenge brings together people across the globe and EASD attendees to take the opportunity 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.

