

Always consult your physician before beginning any exercise program.

Team Novo Nordisk Ambassador	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Week 1 - Becky Furuta Team Novo Nordisk Ambassador 3x Finisher 5K@ADA	8 10-15x 2 minute run 1 minute walk	9 8-12x 3 minute run 1 minute walk	10 OFF	11 10-15x 2 minute run 30 second walk	12 8-12x 3 minute run 30 second walk	13 OFF	14 7-9x 4 minute run 1 minute walk
 Week 2 - Sam Brand Team Novo Nordisk Pro Rider 2x Finisher 5K@ADA	15 10-14x 3 minute run 1 minute walk	16 8-10x 4 minute run 1 minute walk	17 OFF or Makeup Day	18 10-14x 3 minute run 30 second walk	19 8-10x 4 minute run 30 second walk	20 OFF	21 6-8x 5 minute run 1 minute walk
 Week 3 - Andreas Petz Team Novo Nordisk Ambassador 1x Finisher 5K@ADA	22 8-10x 4 minute run 1 minute walk	23 7-9x 5 minute run 1 minute walk	24 OFF or Makeup Day	25 8-10x 4 minute run 30 second walk	26 6-8x 5 minute run 30 second walk	27 OFF	28 6-8x 6 minute run 1 minute walk
 Week 4 - Thomas Chang Team Novo Nordisk Ambassador 1x Finisher 5K@ADA	29 7-9x 5 minute run 1 minute walk	30 7-9x 6 minute run 1 minute walk	31 OFF or Makeup Day	1 7-9x 5 minute run 30 second walk	2 6-8x 6 minute run 30 second walk	3 OFF	4 6-8x 7 minute run 1 minute walk
 Week 5 - Mandy Marquardt Team Novo Nordisk Pro Rider, Track 2x Finisher 5K@ADA	5 7-9x 6 minute run 1 minute walk	6 7-9x 7 minute run 1 minute walk	7 OFF or Makeup Day	8 7-9x 6 minute run 30 second walk	9 6-8x 7 minute run 30 second walk	10 OFF	11 6-8x 8 minute run 1 minute walk
 Week 6 - Benny Madrigal Team Novo Nordisk Ambassador 5x Finisher 5K@ADA	12 7-9x 7 minute run 1 minute walk	13 3x 10 minute run 2 minute walk 8-10x 2 minute run 30 second walk	14 OFF or Makeup Day	15 6-8x 8 minute run 30 second walk	16 6-8x 8 minute run 30 second walk	17 5K@EASD VIRTUAL CHALLENGE	18 5K@EASD VIRTUAL CHALLENGE
 Week 7 - Nigel De Sota Team Novo Nordisk Devo Rider 1x Finisher 5K@ADA	19 5K@EASD VIRTUAL CHALLENGE	20 5K@EASD VIRTUAL CHALLENGE	21 5K@EASD VIRTUAL CHALLENGE	22 OFF	23 6-8x 8 minute run 30 second walk	24 OFF	25 4-5x 5 minute run 1 minute walk
 Week 8 - Matyas Kopecky Team Novo Nordisk Pro Rider Debut 5K@ADA	26 4-5x 5 minute run 2 minute walk	27 5-6x 4 minute run 1 minute walk	28 OFF	29 6-8x 4 minute run 1 minute walk	30 6-7x 6 minute run 1 minute walk	1 OFF	2 3-4x 15 minute run 1 minute walk