
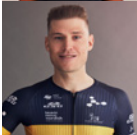
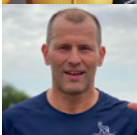







Always consult your physician before beginning any exercise program.

Team Novo Nordisk Ambassador	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Week 1 - Becky Furuta Team Novo Nordisk Ambassador 3x Finisher 5K@ADA	8 20 minute walk	9 25 minute walk	10 OFF	11 25 minute walk	12 30 minute walk	13 OFF	14 35 minute walk
 Week 2 - Sam Brand Team Novo Nordisk Pro Rider 2x Finisher 5K@ADA	15 25 minute walk	16 30 minute walk	17 OFF	18 35 minute walk	19 40 minute walk	20 OFF	21 45 minute walk
 Week 3 - Andreas Petz Team Novo Nordisk Ambassador 1x Finisher 5K@ADA	22 30 minute walk	23 35 minute walk	24 OFF	25 40 minute walk	26 45 minute walk	27 OFF	28 50 minute walk
 Week 4 - Thomas Chang Team Novo Nordisk Ambassador 1x Finisher 5K@ADA	29 35 minute walk	30 40 minute walk	31 OFF	1 45 minute walk	2 45 minute walk	3 OFF	4 55 minute walk
 Week 5 - Mandy Marquardt Team Novo Nordisk Pro Rider, Track 2x Finisher 5K@ADA	5 35 minute walk	6 45 minute walk	7 OFF	8 45 minute walk	9 50 minute walk	10 OFF	11 60 minute walk
 Week 6 - Benny Madrigal Team Novo Nordisk Ambassador 5x Finisher 5K@ADA	12 40 minute walk	13 45 minute walk	14 OFF	15 45 minute walk	16 50 minute 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 40 minute walk	24 OFF	25 35 minute walk
 Week 8 - Matyas Kopecky Team Novo Nordisk Pro Rider Debut 5K@ADA	26 30 minute walk	27 40 minute walk	28 OFF	29 45 minute walk	30 50 minute walk	1 OFF	2 45 minute walk