

# 5K@EASD 8-week training plan **running**

5K run/walk to change diabetes

Always consult your physician before beginning any exercise program.

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

**5K@EASD**  
**Virtual Challenge**  
30 Sep - 4 Oct, 2023  
Register: [www.easd5k.com](http://www.easd5k.com)

Join us for the **5K@EASD Virtual Challenge** anytime during **30 Sep - 4 Oct, 2023!** Last year, over 6,000+ people from 130 countries joined us to drive change in diabetes. This year, the 5K@EASD Virtual Challenge will bring together people across the globe and EASD attendees 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.

