




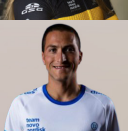

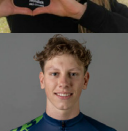


5K@EASD 8-week training plan walking

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

5K@EASD
Virtual Challenge
30 Sep - 4 Oct, 2023
Register: 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.

