

8-Week Training Plan Running

Always consult your physician before beginning any exercise program.



2026 5K@EASD Team
Novo Nordisk English
Training Ambassador

Becky
Furuta

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

Next Stop: Lasting Health

