

8-Week Training Plan Walking

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 20 minute walk	11 25 minute walk	12 OFF	13 25 minute walk	14 30 minute walk	15 OFF	16 35 minute walk
17 25 minute walk	18 30 minute walk	19 OFF	20 35 minute walk	21 40 minute walk	22 OFF	23 45 minute walk
24 30 minute walk	25 35 minute walk	26 OFF	27 40 minute walk	28 45 minute walk	29 OFF	30 50 minute walk
31 35 minute walk	1 40 minute walk	2 OFF	3 45 minute walk	4 45 minute walk	5 OFF	6 55 minute walk
7 35 minute walk	8 45 minute walk	9 OFF	10 45 minute walk	11 50 minute walk	12 OFF	13 60 minute walk
14 40 minute walk	15 50 minute walk	16 OFF	17 45 minute walk	18 50 minute walk	19 OFF	20 65 minute walk
21 45 minute walk	22 55 minute walk	23 OFF	24 45 minute 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 60 minute walk	4 45 minute walk

Next Stop: Lasting Health