

8-week training plan running

Always consult your physician before beginning any exercise program.

Team Novo Nordisk Ambassador	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>2024 5K@EASD Team Novo Nordisk English Training Ambassador</p>	29 10 - 15x 2 minute run 1 minute walk	30 8 - 12x 3 minute run 1 minute walk	31 OFF	1 10 - 15x 2 minute run 30 second walk	2 8 - 12x 3 minute run 30 second walk	3 OFF	4 7 - 9x 4 minute run 1 minute walk
	5 10 - 14x 3 minute run 1 minute walk	6 8 - 10x 4 minute run 1 minute walk	7 OFF or Makeup Day	8 10 - 14x 3 minute run 30 second walk	9 8 - 10x 4 minute run 30 second walk	10 OFF	11 6 - 8x 5 minute run 1 minute walk
	12 8 - 10x 4 minute run 1 minute walk	13 7 - 9x 5 minute run 1 minute walk	14 OFF or Makeup Day	15 8 - 10x 4 minute run 30 second walk	16 6 - 8x 5 minute run 30 second walk	17 OFF	18 6 - 8x 6 minute run 1 minute walk
	19 7 - 9x 5 minute run 1 minute walk	20 7 - 9x 6 minute run 1 minute walk	21 OFF or Makeup Day	22 7 - 9x 5 minute run 30 second walk	23 6 - 8x 6 minute run 30 second walk	24 OFF	25 6 - 8x 7 minute run 1 minute walk
	26 7 - 9x 6 minute run 1 minute walk	27 7 - 9x 7 minute run 1 minute walk	28 OFF or Makeup Day	29 7 - 9x 6 minute run 30 second walk	30 6 - 8x 7 minute run 30 second walk	31 OFF	1 6 - 8x 8 minute run 1 minute walk
	2 7 - 9x 7 minute run 1 minute walk	3 3x 10 minute run 2 minute walk 8 - 10x 2 minute run 30 second walk	4 OFF or Makeup Day	5 6 - 8x 8 minute run 30 second walk	6 6 - 8x 8 minute run 30 second walk	7 5K@EASD VIRTUAL CHALLENGE	8 5K@EASD VIRTUAL CHALLENGE
	9 5K@EASD VIRTUAL CHALLENGE	10 5K@EASD VIRTUAL CHALLENGE	11 5K@EASD VIRTUAL CHALLENGE	12 OFF	13 6 - 8x 8 minute run 30 second walk	14 OFF	15 4 - 5x 5 minute run 1 minute walk
	16 6 - 8x 8 minute run 30 second walk	17 4 - 5x 5 minute run 1 minute walk	18 OFF	19 6 - 8x 4 minute run 1 minute walk	20 6 - 7x 6 minute run 1 minute walk	21 3 - 4x 12 minute run 2 minute walk	22 3 - 4x 15 minute run 1 minute walk