

8-week training plan walking

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