

5K@EASD
VIRTUAL
CHALLENGE

team
novo
nordisk

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

28

10 - 15x
2 minute run
1 minute walk

29

8 - 12x
3 minute run
1 minute walk

30

OFF

31

10 - 15x
2 minute run
30 second walk

1

8 - 12x
3 minute run
30 second walk

2

OFF

3

7 - 9x
4 minute run
1 minute walk

4

10 - 14x
3 minute run
1 minute walk

5

8 - 10x
4 minute run
1 minute walk

6

OFF
or
Makeup Day

7

10 - 14x
3 minute run
30 second walk

8

8 - 10x
4 minute run
30 second walk

9

OFF

10

6 - 8x
5 minute run
1 minute walk

11

8 - 10x
4 minute run
1 minute walk

12

7 - 9x
5 minute run
1 minute walk

13

OFF
or
Makeup Day

14

8 - 10x
4 minute run
30 second walk

15

6 - 8x
5 minute run
30 second walk

16

OFF

17

6 - 8x
6 minute run
1 minute walk

18

7 - 9x
5 minute run
1 minute walk

19

7 - 9x
6 minute run
1 minute walk

20

OFF
or
Makeup Day

21

7 - 9x
5 minute run
30 second walk

22

6 - 8x
6 minute run
30 second walk

23

OFF

24

6 - 8x
7 minute run
1 minute walk

25

7 - 9x
6 minute run
1 minute walk

26

7 - 9x
7 minute run
1 minute walk

27

OFF
or
Makeup Day

28

7 - 9x
6 minute run
30 second walk

29

6 - 8x
7 minute run
30 second walk

30

OFF

31

6 - 8x
8 minute run
1 minute walk

1

7 - 9x
7 minute run
1 minute walk

2

3x 10 minute run
2 minute walk
8 - 10x 2 minute run
30 second walk

3

OFF
or
Makeup Day

4

6 - 8x
7 minute run
30 second walk

5

6 - 8x
8 minute run
30 second walk

6

OFF

7

6 - 8x
9 minute run
1 minute walk

8

7 - 9x
8 minute run
1 minute walk

9

3x 12 minute run
2 minute walk
8 - 10x 3 minute run
30 second walk

10

OFF
or
Makeup Day

11

6 - 8x
8 minute run
30 second walk

12

**5K@EASD
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13

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14

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15

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16

**5K@EASD
VIRTUAL
CHALLENGE**

17

**5K@EASD
VIRTUAL
CHALLENGE**

18

OFF

19

6 - 7x
6 minute run
1 minute walk

20

3 - 4x
12 minute run
2 minute walk

21

3 - 4x
15 minute run
1 minute walk



2025 5K@EASD Team
Novo Nordisk English
Training Ambassador

Becky
Furuta

20th

anniversary of a healthier you

