

5K@EASD
VIRTUAL
CHALLENGE

team
novo
nordisk

8-week training plan walking

Always consult your physician before beginning any exercise program.



2025 5K@EASD Team
Novo Nordisk English
Training Ambassador

Becky
Furuta

20th

anniversary of a healthier you



Team Novo Nordisk Ambassador

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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