

8-Week Training Plan Running

Always consult your physician before beginning any exercise program.



2026 5K@EASD Team
Novo Nordisk English
Training Ambassador

Becky Furuta

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

Next Stop: Lasting Health