

5K@ADA 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
 Weeks 1 & 2 Becky Furuta 8x Finisher 5K@ADA	20 10 - 15x 2 minute run 1 minute walk	21 8 - 12x 3 minute run 1 minute walk	22 OFF	23 10 - 15x 2 minute run 30 second walk	24 8 - 12x 3 minute run 30 second walk	25 OFF	26 7 - 9x 4 minute run 1 minute walk
	27 10 - 14x 3 minute run 1 minute walk	28 8 - 10x 4 minute run 1 minute walk	29 OFF or Makeup Day	30 10 - 14x 3 minute run 30 second walk	1 8 - 10x 4 minute run 30 second walk	2 OFF	3 6 - 8x 5 minute run 1 minute walk
 Weeks 3 & 4 Andreas Petz 8x Finisher 5K@ADA	4 8 - 10x 4 minute run 1 minute walk	5 7 - 9x 5 minute run 1 minute walk	6 OFF or Makeup Day	7 8 - 10x 4 minute run 30 second walk	8 6 - 8x 5 minute run 30 second walk	9 OFF	10 6 - 8x 6 minute run 1 minute walk
	11 7 - 9x 5 minute run 1 minute walk	12 7 - 9x 6 minute run 1 minute walk	13 OFF or Makeup Day	14 7 - 9x 5 minute run 30 second walk	15 6 - 8x 6 minute run 30 second walk	16 OFF	17 6 - 8x 7 minute run 1 minute walk
 Weeks 5 & 6 Susu 1x Finisher 5K@ADA	18 7 - 9x 6 minute run 1 minute walk	19 7 - 9x 7 minute run 1 minute walk	20 OFF or Makeup Day	21 7 - 9x 6 minute run 30 second walk	22 6 - 8x 7 minute run 30 second walk	23 OFF	24 6 - 8x 8 minute run 1 minute walk
	25 7 - 9x 7 minute run 1 minute walk	26 3x 10 minute run 2 minute walk 8 - 10x 2 minute run 30 second walk	27 OFF or Makeup Day	28 6 - 8x 8 minute run 30 second walk	29 6 - 8x 8 minute run 30 second walk	30 OFF	31 4 - 7x 10 minute run 1 minute walk
 Weeks 7 & 8 Sam Brand 4x Finisher 5K@ADA	1 2x 15 minute run 2 minute walk	2 8 - 12x 3 minute run 30 second walk	3 5K@ADA CHALLENGE Global Running Day	4 5K@ADA CHALLENGE	5 5K@ADA CHALLENGE	6 5K@ADA CHALLENGE	7 5K@ADA CHALLENGE
	8 5K@ADA CHALLENGE	9 5K@ADA CHALLENGE	10 5K@ADA CHALLENGE	11 6 - 8x 4 minute run 1 minute walk	12 6 - 7x 6 minute run 1 minute walk	13 3 - 4x 12 minute run 2 minute walk	14 3 - 4x 15 minute run 1 minute walk

5K@ADA Challenge
 June 3-10, 2026
 Register: www.ada5k.com



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