

5K@ADA team CHALLENGE novo nordisk

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
 Weeks 1 & 2 Becky Furuta 8x Finisher 5K@ADA	20 20 minute walk	21 25 minute walk	22 OFF	23 25 minute walk	24 30 minute walk	25 OFF	26 35 minute walk
	27 25 minute walk	28 30 minute walk	29 OFF	30 35 minute walk	1 40 minute walk	2 OFF	3 45 minute walk
 Weeks 3 & 4 Andreas Petz 8x Finisher 5K@ADA	4 30 minute walk	5 35 minute walk	6 OFF	7 40 minute walk	8 45 minute walk	9 OFF	10 50 minute walk
	11 35 minute walk	12 40 minute walk	13 OFF	14 45 minute walk	15 45 minute walk	16 OFF	17 55 minute walk
 Weeks 5 & 6 Susu 1x Finisher 5K@ADA	18 35 minute walk	19 45 minute walk	20 OFF	21 45 minute walk	22 50 minute walk	23 OFF	24 60 minute walk
	25 40 minute walk	26 45 minute walk	27 OFF	28 45 minute walk	29 50 minute walk	30 OFF	31 55 minute walk
 Weeks 7 & 8 Sam Brand 4x Finisher 5K@ADA	1 40 minute walk	2 45 minute 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 45 minute walk	12 50 minute walk	13 OFF	14 45 minute walk

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



2026 SCIENTIFIC
SESSIONS
NEW ORLEANS, LA | JUNE 5-8



FORWARD
TOGETHER