

8-week training plan **running**

Always consult your physician before beginning any exercise program.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Oct. 21 - 27	21 10-15x 2 minute run 1 minute walk	22 8-12x 3 minute run 1 minute walk	23 OFF	24 10-15x 2 minute run 30 second walk	25 8-12x 3 minute run 30 second walk	26 OFF	27 7-9x 4 minute run 1 minute walk
Week 2 Oct. 28 - Nov. 3	28 10-14x 3 minute run 1 minute walk	29 8-10x 4 minute run 1 minute walk	30 OFF or Makeup Day	31 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
Week 3 Nov. 4 - 10	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
Week 4 Nov. 11 - 17	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
Week 5 Nov. 18 - 24	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
Week 6 Nov. 25 - Dec. 1	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 Travel Day	1 4-6x 10 minute run 1 minute walk
Week 7 Dec. 2 - 8	2 2x 15 minute run 2 minute walk	3 8-12x 3 minute run 30 second walk	4 5K@IDF 5K run/walk to change diabetes	5 OFF Travel Day	6 6-8x 8 minute run 30 second walk	7 OFF	8 4-5x 5 minute run 1 minute walk
Week 8 Dec. 9 - 15	9 4-5x 5 minute run 2 minute walk	10 5-6x 4 minute run 1 minute walk	11 OFF or Makeup Day	12 6-8x 4 minute run 1 minute walk	13 6-7x 6 minute run 1 minute walk	14 OFF	15 3-4x 15 minute run 1 minute walk

5K@IDF
Wednesday 4 December 2019
Start Time: 18:30
Register: www.idf5k.com

Join us in Busan for the 5K@IDF run/walk and take the opportunity to raise public awareness about how a healthy lifestyle can help prevent and control diabetes. Nearly 700 participants completed the 5K@IDF run/walk two years ago in Abu Dhabi, and this year we want to encourage even more to take part, so spread the word and bring your friends along for an early evening run or walk.

