

8-week training plan walking

Always consult your physician before beginning any exercise program.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Oct. 21 - 27	21 20 minute walk	22 25 minute walk	23 OFF	24 25 minute walk	25 30 minute walk	26 OFF	27 35 minute walk
Week 2 Oct. 28 - Nov. 3	28 25 minute walk	29 30 minute walk	30 OFF	31 35 minute walk	1 40 minute walk	2 OFF	3 45 minute walk
Week 3 Nov. 4 - 10	4 30 minute walk	5 35 minute walk	6 OFF	7 40 minute walk	8 45 minute walk	9 OFF	10 50 minute walk
Week 4 Nov. 11 - 17	11 35 minute walk	12 40 minute walk	13 OFF	14 45 minute walk	15 45 minute walk	16 OFF	17 55 minute walk
Week 5 Nov. 18 - 24	18 35 minute walk	19 45 minute walk	20 OFF	21 45 minute walk	22 50 minute walk	23 OFF	24 60 minute walk
Week 6 Nov. 25 - Dec. 1	25 40 minute walk	26 45 minute walk	27 OFF	28 45 minute walk	29 50 minute walk	30 OFF Travel Day	1 30 minute walk
Week 7 Dec. 2 - 8	2 40 minute walk	3 20 minute walk	4 5K@IDF 5K run/walk to change diabetes	5 OFF Travel Day	6 40 minute walk	7 OFF	8 35 minute walk
Week 8 Dec. 9 - 15	9 30 minute walk	10 40 minute walk	11 OFF	12 45 minute walk	13 50 minute walk	14 OFF	15 45 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.

