

DEMPSEY™

CHALLENGE

Presented By 



Couch to 5K (3.1 Miles) Running Program

Total Walk Time Min	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 8/10-8/16	REST	90 Sec Jog 2 Min Walk X20 min	Walk at comfortable pace for 20 mins or REST	90 Sec Jog 2 Min Walk X20 min	Walk at comfortable pace for 20 mins or REST	90 Sec Jog 2 Min Walk X20 min	Walk at comfortable pace for 20 mins or REST
Week 2 8/17-8/23	REST	2 Reps: 90 Sec Jog 90 Sec Walk 3 Min Jog 3 Min Walk	Walk at comfortable pace for 20 mins or REST	2 Reps: 90 Sec Jog 90 Walk 3 Min Jog 3 Min Walk	Walk at comfortable pace for 20 mins or REST	2 Reps: 90 Sec Jog 90 Walk 3 Min Jog 3 Min Walk	Walk at comfortable pace for 20 mins or REST
Week 3 8/24-8/30	REST	2 Reps: 3 Min Jog 2 Min Walk 5 Min Jog 2 Min Walk	Walk at comfortable pace for 20 mins or REST	2 Reps: 3 Min Jog 2 Min Walk 5 Min Jog 2 Min Walk	Walk at comfortable pace for 20 mins or REST	2 Reps: 3 Min Jog 2 Min Walk 5 Min Jog 2 Min Walk	Walk at comfortable pace for 20 mins or REST
Week 4 8/31-9/6	REST	3 Reps: 5 Min Jog 4 Min Walk	Walk at comfortable pace for 20 mins or REST	3 Reps: 5 Min Jog 4 Min Walk	Walk at comfortable pace for 20 mins or REST	3 Reps: 5 Min Jog 4 Min Walk	Walk at comfortable pace for 20 mins or REST
Week 5 9/7-9/13	REST	5 Min Jog 4 Min Walk 8 Min Jog 4 Min Walk 5 Min Jog 4 Min Walk	Walk at comfortable pace for 20 mins or REST	5 Min Jog 4 Min Walk 8 Min Jog 4 Min Walk 5 Min Jog 4 Min Walk	Walk at comfortable pace for 20 mins or REST	5 Min Jog 4 Min Walk 8 Min Jog 4 Min Walk 5 Min Jog 4 Min Walk	Walk at comfortable pace for 20 mins or REST
Week 6 9/14-9/20	REST	25 Min Jog 5 Min Walk	Walk at comfortable pace for 20 mins or REST	27 Min Jog 5 Min Walk	Walk at comfortable pace for 20 mins or REST	28 Min Jog 5 Min Walk	Walk at comfortable pace for 20 mins or REST
Week 7 9/21-9/27	REST	30 Min Jog 5 Min Walk	Walk at comfortable pace for 20 mins or REST	Jog/Walk a 5K (3.1miles) at your own pace	OFF HYDRATE! FUEL! REST!	OFF HYDRATE! FUEL! REST!	DEMPSEY CHALLENGE Sept. 26 + 27

IF YOU NEED TO ADJUST YOUR SCHEDULE, BE SURE TO TAKE DAY OFF IN BETWEEN RUN/WALK TRAINING