

DEMPSEY™

CHALLENGE

Presented By 



Couch to 5K (3.1 Miles) Walking Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 8/10-8/16	REST	90 Sec Brisk Walk 2 Min Walk x15 min	REST	90 Sec Brisk Walk 2 Min Walk x15 min	REST	90 Sec Brisk Walk 2 Min Walk x15 min	Walk at a comfortable pace for x20 mins
Week 2 8/17-8/23	REST	2 Reps: 2 Min Brisk Walk 2 Min Walk 3 Min Brisk Walk 3 Min Walk	REST	2 Reps: 2 Min Brisk Walk 2 Min Walk 3 Min Brisk Walk 3 Min Walk	REST	2 Reps: 2 Min Brisk Walk 2 Min Walk 3 Min Brisk Walk 3 Min Walk	Walk at a comfortable pace for x25 mins
Week 3 8/24-8/30	REST	2 Reps: 3 Min Brisk Walk 2 Min Walk 5 Min Brisk Walk 3 Min Walk	REST	2 Reps: 3 Min Brisk Walk 2 Min Walk 5 Min Brisk Walk 3 Min Walk	REST	2 Reps: 3 Min Brisk Walk 2 Min Walk 5 Min Brisk Walk 3 Min Walk	Walk at a comfortable pace for x30 mins
Week 4 8/31-9/6	REST	3 Reps: 5 Min Brisk Walk 5 Min Walk	REST	3 Reps: 5 Min Brisk Walk 5 Min Walk	REST	3 Reps: 5 Min Brisk Walk 5 Min Walk	Walk at a comfortable pace for x35-40 mins
Week 5 9/7-9/13	REST	5 Min Brisk Walk 5 Min Walk 10 Min Brisk Walk 5 Min Walk 5 Min Brisk Walk 5 Min Walk	REST	5 Min Brisk Walk 5 Min Walk 10 Min Brisk Walk 5 Min Walk 5 Min Brisk Walk 5 Min Walk	REST	5 Min Brisk Walk 5 Min Walk 10 Min Brisk Walk 5 Min Walk 5 Min Brisk Walk 5 Min Walk	Walk at a comfortable pace for x40-45 mins
Week 6 9/14-9/20	REST	Move at a pace that is 3.1-4 mph x45-50 mins	REST	Move at a pace 3.1-4 mph x45-50 mins	REST	Walk at a pace 3.1-4 mph x45-50 mins	Walk at a comfortable pace for x45-60 mins
Week 7 9/21-9/27	REST	Move at a pace 3.1-4 mph x50-60 mins	REST	Move at a pace 3.1-4 mph x50-60 mins	HYDRATE! FUEL! REST	HYDRATE! FUEL! REST!	DEMPSEY CHALLENGE Sept. 26 + 27

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