

DEMPSEY™ CHALLENGE

Presented By 



10K (6.2 miles) Training Program

Total Walk Time Min	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 8/10-8/16	REST	2.5 mile run	Cross training, 30 min	2 mile run	REST	Cross training, 40 min.	3 mile run
Week 2 8/17-8/23	REST	2.5 mile run	Cross training, 30 min	2 mile run	REST	Cross training, 40 min.	3.5 mile run
Week 3 8/24-8/30	REST	2.5 mile run	Cross training, 35 min	2 mile run	REST	Cross training, 40 min.	4 mile run
Week 4 8/31-9/6	REST	3 mile run	Cross training, 35 min	2 mile run	REST	Cross training, 45 min.	4.5 mile run
Week 5 9/7-9/13	REST	3 mile run	Cross training, 40 min	2 mile run	REST	Cross training, 45 min.	5.5 mile run
Week 6 9/14-9/20	REST	3 mile run	Cross training, 40 min	2 mile run	REST	Cross training, 45 min	6.2 mile run
Week 7 9/21-9/27	REST	3 mile run	Cross training, 45 min	2 mile run	REST	DEMPSEY CHALLENGE 10K!	CELEBRATE!

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