

# DEMPSEY™

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# CHALLENGE

Presented By 



## 10K (6.2 miles) Training Program

Total Walk Time Min	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b> 8/12-8/18				<b>Week 1</b> 2-mile run	REST	Cross training, 40 min.	3-mile run
<b>Week 2</b> 8/19-8/25	REST	2.5-mile run	Cross training, 30 min	<b>Week 2</b> 2-mile run	REST	Cross training, 40 min.	3.5-mile run
<b>Week 3</b> 8/26-9/1	REST	2.5-mile run	Cross training, 35 min	<b>Week 3</b> 2-mile run	REST	Cross training, 40 min.	4-mile run
<b>Week 4</b> 9/2-9/8	REST	3-mile run	Cross training, 35 min	<b>Week 4</b> 2-mile run	REST	Cross training, 45 min.	4.5-mile run
<b>Week 5</b> 9/9-9/15	REST	3-mile run	Cross training, 40 min	<b>Week 5</b> 2-mile run	REST	Cross training, 45 min.	5.5-mile run
<b>Week 6</b> 9/16-9/23	REST	3.5-mile run	Cross training, 40 min	<b>Week 6</b> 2-mile run	REST	Cross training, 45 min	6.2-mile run
	REST	3.5-mile run	Cross training, 45 min	<b>Run/Walk Dempsey Challenge 5K</b>	REST	<b>DEMPSEY CHALLENGE 10K!</b>	<b>CELEBRATE!</b>

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