

# DEMPSEY™ CHALLENGE

Presented By **AMGEN**  
Oncology



## Couch to 5K (3.1 Miles) Running 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 Reps: 90 Sec Jog 2 Min Walk 90 Sec Jog 2 Min Walk	Walk at comfortable pace for 20 mins or REST	<b>2 Reps:</b> 90 Sec Jog 2 Min Walk 90 Sec Jog 2 Min Walk	Walk at comfortable pace for 20 mins or REST
<b>Week 2</b> 8/19-8/25	REST	<b>2 Reps:</b> 90 Sec Jog 2 Min Walk 90 Sec Jog 2 Min Walk	Walk at comfortable pace for 20 mins or REST	<b>WEEK 2</b> 2 Reps: 2 Min Jog 2 Min Walk 3 Min Jog 3 Min Walk	Walk at comfortable pace for 20 mins or REST	<b>2 Reps:</b> 2 Min Jog 2 Min Walk 3 Min Jog 3 Min Walk	Walk at comfortable pace for 20 mins or REST
<b>Week 3</b> 8/26-9/1	REST	<b>2 Reps:</b> 2 Min Jog 2 Min Walk 3 Min Jog 3 Min Walk	Walk at comfortable pace for 20 mins or REST	<b>WEEK 3</b> 2 Reps: 3 Min Jog 2 Min Walk 5 Min Jog 2 Min Walk	Walk at comfortable pace for 20 mins or REST	<b>2 Reps:</b> 3 Min Jog 2 Min Walk 5 Min Jog 2 Min Walk	Walk at comfortable pace for 20 mins or REST
<b>Week 4</b> 9/2-9/8	REST	<b>2 Reps:</b> 3 Min Jog 2 Min Walk 5 Min Jog 2 Min Walk	Walk at comfortable pace for 20 mins or REST	<b>WEEK 4</b> 3 Reps: 5 Min Jog 4 Min Walk	Walk at comfortable pace for 20 mins or REST	<b>3 Reps:</b> 5 Min Jog 4 Min Walk	Walk at comfortable pace for 20 mins or REST
<b>Week 5</b> 9/9-9/15	REST	<b>3 Reps:</b> 5 Min Jog 4 Min Walk	Walk at comfortable pace for 20 mins or REST	<b>WEEK 5</b> 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	6 Min Jog 4 Min Walk 8 Min Jog 4 Min Walk 6 Min Jog 4 Min Walk	Walk at comfortable pace for 20 mins or REST
<b>CEWeek 6</b> 9/16-9/23	REST	8 Min Jog 3 Min Walk 8 Min Jog 3 Min Walk 8 Min Jog 3 Min Walk	Walk at comfortable pace for 20 mins or REST	<b>WEEK 6</b> 25 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
	REST	30 Min Jog 5 Min Walk	Walk at comfortable pace for 20 mins or REST	<b>Jog/Walk Dempsey Challenge 5K (3.1miles) at your own pace</b>	OFF HYDRATE! FUEL! REST!	<b>DEMPSEY CHALLENGE 10K</b>	<b>CELEBRATE!</b>

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