

DEMPSEY™ CHALLENGE

Presented By **AMGEN**
Oncology



Couch to 5K (3.1 Miles) Walking Program

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|--------|---|-----------|--|---------------------------|--|--|
| Week 1 8/12-8/18 | | | | 90 Sec Brisk Walk 2 Min Walk 90 Min Brisk Walk 2 Min walk | REST | 90 Sec Brisk Walk 2 Min Walk 90 Min Brisk Walk 2 Min walk | Walk at a comfortable pace for x20 mins |
| Week 2 8/19-8/25 | REST | 90 Sec Brisk Walk 2 Min Walk 90 Min Brisk Walk 2 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 x20 mins |
| Week 3 8/26-9/1 | REST | 2 Reps: 2 Min Brisk Walk 2 Min Walk 3 Min Brisk Walk 3 Min Walk | REST | 2 Reps: 3 Min Brisk Walk 2 Min Walk 5 Min Brisk Walk 2 Min Walk | REST | 2 Reps: 3 Min Brisk Walk 2 Min Walk 5 Min Brisk Walk 2 Min Walk | Walk at a comfortable pace for X25 mins |
| Week 4 9/2-9/8 | REST | 2 Reps: 3 Min Brisk Walk 2 Min Walk 5 Min Brisk Walk 2 Min Walk | REST | 3 Reps: 5 Min Brisk Walk 4 Min Walk | REST | 3 Reps: 5 Min Brisk Walk 4 Min Walk | Walk at a comfortable pace for x25-30 mins |
| Week 5 9/9-9/15 | REST | 3 Reps: 5 Min Brisk Walk 4 Min Walk | REST | 5 Min Brisk Walk 4 Min Walk 8 Min Brisk Walk 4 Min Walk 5 Min Brisk Walk 4 Min Walk | REST | 6 Min Brisk Walk 4 Min Walk 8 Min Brisk Walk 4 Min Walk 6 Min Brisk Walk 4 Min Walk | Walk at a comfortable pace for X30-40 mins |
| Week 6 9/16-9/23 | REST | 8 Min Brisk Walk 3 Min Walk 10 Min Brisk Walk 3 Min Walk 8 Min Brisk Walk 3 Min Walk | REST | 30 Min Brisk Walk 5 Min Walk | REST | 35 Min Brisk Walk 5 Min Walk | Walk at a comfortable pace for 40 -50 mins |
| | REST | 40 Min Brisk Walk 5 Min Walk | REST | Walk Dempsey Challenge 5K | HYDRATE! FUEL! REST | | DEMPSEY CHALLENGE Sept. 25 + 26 |

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