

DEMPSEY™ CHALLENGE

Presented By  AMGEN
Oncology



25-Mile Ride Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 8/9-8/15	CROSS TRAIN	Speed Ride 20 min.	CROSS TRAIN OR RIDER'S CHOICE	Steady Ride 30 min.	REST	Long Ride 45-60 min. 5 miles	CROSS TRAIN OR RIDER'S CHOICE
Week 2 8/16-8/22	CROSS TRAIN	Speed Ride 30 min.	CROSS TRAIN OR RIDER'S CHOICE	Steady Ride 45 min.	REST	Long Ride 60-90 min. 10 miles	CROSS TRAIN OR RIDER'S CHOICE
Week 3 8/23-8/29	CROSS TRAIN	Speed Ride 30 min.	CROSS TRAIN OR RIDER'S CHOICE	Steady Ride 60 min.	REST	Long Ride 90-120 min. 12 miles	CROSS TRAIN OR RIDER'S CHOICE
Week 4 8/30-9/5	CROSS TRAIN	Speed Ride 45 min.	CROSS TRAIN OR RIDER'S CHOICE	Steady Ride 60 min.	REST	Long Ride 90-120 min. 15 miles	CROSS TRAIN OR RIDER'S CHOICE
Week 5 9/6-9/12	CROSS TRAIN	Speed Ride 60-75 min.	CROSS TRAIN OR RIDER'S CHOICE	Steady Ride 60 min.	REST	Long Ride 120-150 min. 15 miles	CROSS TRAIN OR RIDER'S CHOICE
Week 6 9/12-9/19	CROSS TRAIN	Speed Ride 60 min.	CROSS TRAIN OR RIDER'S CHOICE	Steady Ride 75-90 min.	REST	Long Ride 150-180 min. 20 miles	CROSS TRAIN OR RIDER'S CHOICE
Week 7 9/20-9/26	CROSS TRAIN	Speed Ride 30 min.	CROSS TRAIN OR RIDER'S CHOICE	Steady Ride 60 min.	OFF HYDRATE! FUEL! REST!	OFF HYDRATE! FUEL! REST!	DEMPSEY CHALLENGE 25 Mile Ride!

RIDER'S CHOICE: Free time on the bike or Peloton. CROSS TRAINING: Lifting/Running/Walking/Yoga.