

# COUCH to 5K RUN TRAINING PLAN



**ARE YOU READY TO RUN?** Before participating in any exercise program with your dog, we recommend that you consult a vet first. Remember to start ALL SESSIONS with a brisk 5-minute warm-up walk. Your blood should be pumping a little faster at the end of the warm-up. All you need is to commit to 3 training sessions a week (with rests in between) and you and your pooch will be ready to RUN!!!

This specialized training plan is from [poochto5K.com](http://poochto5K.com)

Week	Session 1	Session 2	Session 3
<b>1</b>	<ul style="list-style-type: none"> <li>* Warm-up</li> <li>*Alternate 60 seconds of gentle jogging with 90 seconds of walking</li> <li>*Repeat 8 times for a total of 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>* Warm-up</li> <li>*Alternate 60 seconds of gentle jogging with 90 seconds of walking</li> <li>*Repeat 8 times for a total of 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>* Warm-up</li> <li>*Alternate 60 seconds of gentle jogging with 90 seconds of walking</li> <li>*Repeat 8 times for a total of 20 minutes</li> </ul>
<b>2</b>	<ul style="list-style-type: none"> <li>* Warm-up</li> <li>*Alternate 90 seconds of gentle jogging with 2 minutes of walking</li> <li>*Repeat 6 times for a total of 21 minutes</li> </ul>	<ul style="list-style-type: none"> <li>* Warm-up</li> <li>*Alternate 90 seconds of gentle jogging with 2 minutes of walking</li> <li>*Repeat 6 times for a total of 21 minutes</li> </ul>	<ul style="list-style-type: none"> <li>* Warm-up</li> <li>*Alternate 90 seconds of gentle jogging with 2 minutes of walking</li> <li>*Repeat 6 times for a total of 21 minutes</li> </ul>
<b>3</b>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 90 seconds</li> <li>*Walk 2 minutes</li> <li>*Jog 3 Minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 90 seconds</li> <li>*Walk 2 minutes</li> <li>*Jog 3 minutes</li> <li>*Cool Down with a walk</li> </ul>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 3 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 3 Minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 3 seconds</li> <li>*Walk 4 minutes</li> <li>*Jog 3 minutes</li> <li>*Cool Down with a walk</li> </ul>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 3 minutes</li> <li>*Walk 2 minutes</li> <li>*Jog 3 Minutes</li> <li>*Walk 2 minutes</li> <li>*Jog 3 seconds</li> <li>*Walk 2 minutes</li> <li>*Jog 3 minutes</li> <li>*Cool Down with a walk</li> </ul>
<b>4</b>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 3 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 6 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 3 minutes</li> <li>*Cool down with a walk</li> </ul>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 6 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 3 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 6 minutes</li> <li>*Cool down with a walk</li> </ul>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 3 minutes</li> <li>*Walk 2 minutes</li> <li>*Jog 6 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 3 minutes</li> <li>*Walk 2 minutes</li> <li>*Jog 6 minutes</li> <li>*Cool down with a walk</li> </ul>

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**KEEP RUNNING, CHAMPS!** These sessions assume a jogging pace of around 11:45 per mile (7:30 per Km) in the earliest weeks, finishing in Week 12 at around 9:40 per mile (6:00 per Km). BUT you don't need to worry about speed or pace, if you and your dog can run comfortably for 30 minutes you can both finish the 5K. Keep an eye on your dog's breathing and running gait for signs of exhaustion. Rest as much as either of you need to! the important thing is to have fun while keeping fit with your pooch!

Week	Session 1	Session 2	Session 3
<b>5</b>	*Warm-up *Jog 3 minutes *Walk 2 minutes *Jog 6 minutes *Walk 4 minutes *Jog 3 minutes *Walk 2 minutes *Jog 6 minutes *Cool down with a walk	*Warm-up *Jog 3 minutes *Walk 2 minutes *Jog 6 minutes *Walk 4 minutes *Jog 3 minutes *Walk 2 minutes *Jog 6 minutes *Cool down with a walk	*Warm-up *Jog 6 minutes *Walk 4 minutes *Jog 6 minutes *Walk 4 minutes *Jog 6 minutes *Cool down with a walk
<b>6</b>	* Warm-up *Jog 8 minutes *Walk 8 minutes *Cool down with a walk	* Warm-up *Jog 8 minutes *Walk 8 minutes *Jog 8 minutes *Cool down with a walk	* Warm-up *Jog 7 minutes *Walk 4 minutes *Jog 7 minutes *Walk 4 minutes *Jog 7 minutes *Cool down with a walk
<b>7</b>	*Warm-up *Jog 18 minutes without walking *Cool Down with a walk	*Warm-up *Jog 8 minutes *Walk 4 minutes *Jog 8 Minutes *Walk 4 minutes *Jog 8 seconds *Cool Down with a walk	*Warm-up *Jog 10 minutes *Walk 4 minutes *Jog 10 minutes *Cool Down with a walk
<b>8</b>	*Warm-up *Jog 20 minutes without walking *Cool down with a walk	*Warm-up *Jog 7 minutes *Walk 4 minutes *Jog 15 minutes *Walk 4 minutes *Jog 7 minutes *Cool down with a walk	*Warm-up *Jog 15 minutes *Walk 4 minutes *Jog 15 minutes *Cool down with a walk

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**THE FINAL STRETCH!** Keep on going! If you've made it this far, you and your four-legged friend will no problems crossing the finish line. This goes without saying, but **HYDRATE, HYDRATE, HYDRATE!** Put out tons of water for your furry running buddy, too! Se you at the finish line!

Week	Session 1	Session 2	Session 3
<b>9</b>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 23 minutes without walking</li> <li>*Cool down with a walk</li> </ul>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 10 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 10 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 10 minutes</li> <li>*Cool down with a walk</li> </ul>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 15 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 18 minutes</li> <li>*Cool down with a walk</li> </ul>
<b>10</b>	<ul style="list-style-type: none"> <li>* Warm-up</li> <li>*Jog 25 minutes without walking</li> <li>*Cool down with a walk</li> </ul>	<ul style="list-style-type: none"> <li>* Warm-up</li> <li>*Jog 10 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 15 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 10 minutes</li> </ul>	<ul style="list-style-type: none"> <li>* Warm-up</li> <li>*Jog 18 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 18 minutes</li> <li>*Cool down with a walk</li> </ul>
<b>11</b>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 27 minutes without walking</li> <li>*Cool Down with a walk</li> </ul>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 15 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 10 Minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 15 seconds</li> <li>*Cool Down with a walk</li> </ul>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 18 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 20 minutes</li> <li>*Cool Down with a walk</li> </ul>
<b>12</b>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 15 minutes</li> <li>* Walk 4 minutes</li> <li>*Jog 15 minutes</li> <li>*Walk 4 minutes</li> <li>*Cool down with a walk</li> </ul>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 20 minutes</li> <li>*Walk 4 minutes</li> <li>*Jog 20 minutes</li> <li>*Cool down with a walk</li> </ul>	<ul style="list-style-type: none"> <li>*Warm-up</li> <li>*Jog 5K with your pooch</li> <li>*Cool down with a walk</li> <li>** Congratulations!! You've just run a 5K with your pooch!</li> </ul>