

COUCH to 5K WALK TRAINING PLAN



ARE YOU READY TO WALK THE TALK? Before participating in any exercise program with your dog, we recommend that you consult a vet first. The 5K Training Plan is best suited for dogs and owners that have been walking at least 15-20 minutes 3-4 times per week. If you're doing less, no worries! Simply start walking 10-15 minutes 3-4 times per week for 3-4 weeks to work your way up to this plan. 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 cross the finish line!

This specialized training plan is from www.jennyhadfield.com

Week	Session 1	Session 2	Session 3
1	Warm up for three minutes. Walk 20 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 20 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 25 minutes at a continuously easy effort level. Cool down two minutes.
2	Warm up for three minutes. Walk 20 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 20 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 25 minutes at a continuously easy effort level. Cool down two minutes.
3	Warm up for three minutes. Walk 25 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 20 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 30 minutes at a continuously easy effort level. Cool down two minutes.
4	Warm up for three minutes. Walk 25 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 20 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 30 minutes at a continuously easy effort level. Cool down two minutes.
5	Warm up for three minutes. Walk 25 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 25 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 35 minutes at a continuously easy effort level. Cool down two minutes.

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KEEP WALKING, CHAMPS! Don't worry about speed or pace, if you and your dog can walk comfortably for 30 minutes you can both finish 5km. Keep an eye on your dog's breathing and 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
6	Warm up for three minutes. Walk 30 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 25 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 40 minutes at a continuously easy effort level. Cool down two minutes.
7	Warm up for three minutes. Walk 30 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 30 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 45 minutes at a continuously easy effort level. Cool down two minutes.
8	Warm up for three minutes. Walk 30 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 30 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 50 minutes at a continuously easy effort level. Cool down two minutes.
9	Warm up for three minutes. Walk 30 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 30 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 60 minutes at a continuously easy effort level. Cool down two minutes.
10	Warm up for three minutes. Walk 30 minutes at a continuously easy effort level. Cool down two minutes.	Warm up for three minutes. Walk 25 minutes at a continuously easy effort level. Cool down two minutes.	5K Walk!

THE FINAL STRETCH! Keep on going! If you've made it this far, you and your four-legged friend will probably have 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! See you at the finish line!