



Firstly, your dog should be taken to visit its favourite tree, then do a little practice heeling and recall on lead. Reinforce good behaviour with praise and petting. Punishment for training mistakes is discouraged as we want your dog’s training sessions to be fun and positive. ALL sessions commence with a brisk five-minute warm-up walk. Your blood should be pumping a little faster at the end of the warm-up.

Week	Session 1	Session 2	Session 3
1	Warm-up. Alternate 60 seconds of gentle jogging with 90 seconds of walking. Repeat eight times for a total of 20 minutes.	Warm-up. Alternate 60 seconds of gentle jogging with 90 seconds of walking. Repeat eight times for a total of 20 minutes.	Warm-up. Alternate 60 seconds of gentle jogging with 90 seconds of walking. Repeat eight times for a total of 20 minutes.
2	Warm-up. Alternate 90 seconds of gentle jogging with two minutes of walking. Repeat six times for a total of 21 minutes.	Warm-up. Alternate 90 seconds of gentle jogging with two minutes of walking. Repeat six times for a total of 21 minutes.	Warm-up. Alternate 90 seconds of gentle jogging with 90 seconds of walking. Repeat six times for a total of 18 minutes.
3	Warm-up. <ul style="list-style-type: none"> • Jog 200 yards • Walk 200 yards • Jog 400 yards • Walk 400 yards • Jog 200 yards • Walk 200 yards • Jog 400 yards Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 400 yards • Walk 400 yards • Jog 400 yards • Walk 400 yards • Jog 400 yards • Walk 400 yards • Jog 400 yards Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 400 yards • Walk 200 yards • Jog 400 yards • Walk 200 yards • Jog 400 yards • Walk 200 yards • Jog 400 yards Warm down with a walk.
4	Warm-up. <ul style="list-style-type: none"> • Jog 400 yards • Walk 200 yards • Jog 800 yards • Walk 400 yards • Jog 400 yards Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 800 yards • Walk 400 yards • Jog 400 yards • Walk 200 yards • Jog 800 yards Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 400 yards • Walk 200 yards • Jog 800 yards • Walk 400 yards • Jog 400 yards • Walk 200 yards • Jog 800 yards Warm down with a walk.
5	Warm-up. <ul style="list-style-type: none"> • Jog 400 yards • Walk 200 yards • Jog 800 yards • Walk 400 yards • Jog 400 yards • Walk 200 yards • Jog 800 yards Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 400 yards • Walk 200 yards • Jog 800 yards • Walk 400 yards • Jog 400 yards • Walk 200 yards • Jog 800 yards Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 400 yards • Walk 200 yards • Jog 800 yards • Walk 400 yards • Jog 400 yards • Walk 200 yards • Jog 800 yards Warm down with a walk.

Don't forget to visit www.poochto5k.com and subscribe to our dog health and fitness newsletter for training advice, product reviews, and veterinary support for your canine athlete.

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Week	Session 1	Session 2	Session 3
6	Warm-up. <ul style="list-style-type: none"> • Jog ½ mile • Walk ¼ mile • Jog ½ mile • Walk ¼ mile • Jog ½ mile Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog ¾ mile • Walk ½ mile • Jog ¾ mile Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog ½ mile • Walk ⅛ mile • Jog ¾ mile • Walk ⅛ mile • Jog ½ mile Warm down with a walk.
7	Warm-up. Jog 1 ½ miles without walking. Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog ¾ mile • Walk ¼ mile • Jog ¾ mile • Walk ¼ mile • Jog ¾ mile Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 1 mile • Walk ¼ mile • Jog 1 mile Warm down with a walk.
8	Warm-up. Jog 2 miles without walking. Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog ¾ mile • Walk ¼ mile • Jog 1 mile • Walk ¼ mile • Jog ¾ mile Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 1 ¼ miles • Walk ¼ mile • Jog 1 ¼ miles Warm down with a walk.
9	Warm-up. Jog 2 ¼ miles without walking. Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 1 mile • Walk ¼ mile • Jog 1 mile • Walk ¼ mile • Jog 1 mile Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 1 ¼ miles • Walk ¼ mile • Jog 1 ½ miles Warm down with a walk.
10	Warm-up. Jog 2 ½ miles without walking. Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 1 mile • Walk ¼ mile • Jog 1 ¼ miles • Walk ¼ mile • Jog 1 mile Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 1 ½ miles • Walk ¼ mile • Jog 1 ½ miles Warm down with a walk.
11	Warm-up. Jog 2 ¾ miles without walking. Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 1 ¼ miles • Walk ¼ mile • Jog 1 mile • Walk ¼ mile • Jog 1 ¼ miles Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 1 ¾ miles • Walk 400 yards • Jog 1 ¾ miles Warm down with a walk.
12	Warm-up. <ul style="list-style-type: none"> • Jog 1 ¼ miles • Walk ¼ mile • Jog 1 ¼ miles • Walk ¼ mile • Jog 1 ¼ miles Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> • Jog 1 ¾ miles • Walk ¼ mile • Jog 2 miles Warm down with a walk.	Warm-up. Jog 3 ¼ miles without walking. Warm down with a walk. Congratulations, you've just run 5k with your pooch!

Before commencing any exercise program with your dog we recommend that you visit your doctor and take your dog to its vet to ensure your safety and health is maintained.

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