

4 Paws Marathon

Training Plan #1

All dogs

These are the essential first training steps for dogs taking part in any of the 4 Paws events.

Is your dog right for running/walking?

It's essential that your dog be given a clean bill of health before you start training. [Book a vet check now.](#)

Weigh your dog at the beginning of the consult and your vet will tell you if your dog is overweight or not. Be sure to tell your vet what length of race you have entered too.

The vet should undertake a thorough exam, checking for signs of cardiovascular disease and for any restrictions in range of motion in the joints of all four limbs. If there are early indications of arthritis, or other conditions like luxating patellas, then have a serious talk about whether or not your dog should be

running at all. Your dog's age and breed should also be considered.

Leave your vet knowing that your dog has been cleared for training (even if it means a new diet with less calories and more exercise).

Got the right gear?

Dogs will need to be on lead for most of the race. A soft lead that is easy to hold over your wrist is a minimum requirement. But most runners find that once they have tried a hands-free lead, they never go back.

You will also need a fitness tracker to measure time and distances as you train with your dog. This could be a watch like a Garmin or a Fitbit, or an app like Map My Walk which you can download onto your phone.

Paw checks

Get to know your dog's paws because you are going to be seeing a lot of them. Paw checks after each day's training are going to be part of every training programme.



Your dog has digital pads under each toe and a larger metacarpal pad (or metatarsal on the

hind paws) which support the remainder of the paw. Look for cuts in all of the pads and run your fingers between the toes and the pads to remove any seeds, debris, or burs that collect there.



**THE
BALANCED
DOG** 

Professional dog massage and natural care

Training plans for this event are sponsored by: