



4 Paws Marathon

Training Plan #2 Full and Half Marathon

For this training plan, I'm going to assume that your dog is an experienced runner and you have a good base of fitness to start.

Training for the full and half marathon will take an average of 14 weeks. Starting in June is strongly recommended - giving you some 'wriggle room' if you experience a minor setback.

If training for the half marathon, follow the numbers in RED. If training for the full marathon, follow the numbers in BLUE.

What does a rest day mean?

In this training plan, you'll see that you will train with your dog on four out of seven days per week. A rest day for your dog is still a day with walks, however.

Walks are essential for lubricating the joints

and for supporting good toileting habits. A rest day for a typical dog will involve two 20-minute walks with one walk in the morning and another in the evening.

On one rest day per week, take your dog for shorter toileting walks and a 10-15 minute swim in warm water to provide low-impact aerobic exercise. (Contact The Balanced Dog at info@balanceddog.co.nz for information on a pool near you).

Plan your route

I prefer to see dogs running on softer surfaces such as grass or trails. We want to avoid repetitive forces on your dog's joints. Plan your training routes to incorporate as much natural terrain as possible and strongly consider buying your dog some running boots (sponsor Further Faster can help you fit these).

Visit Bottle Lake for some of your training and you'll become very familiar with the surface conditions there.

Warm up!

A good warm up for a dog is to walk briskly for the first 5 minutes of your run time and then you can increase pace.

On very cold winter days, it's also a good idea to start your dog off in a coat to help their muscles warm and then you can take the coat off once they are warm and ready to run.

Intervals

Interval training means changing pace during a walk to a jog and back again (e.g. walk for 4 blocks and then jog for the next 4). Dogs typically think interval training is a great game.

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	30/45 min run	Rest	30/45 min run	45/60 min brisk walk with intervals	Rest	5/10 kms run
2	Rest	30/45 min run	Rest	30/45 min run	45/60 min brisk walk with intervals	Rest	5/10 kms run
3	Rest	30/45 min run	Rest	45/60 min run	60/90 min brisk walk with intervals	Rest	7.5/15 kms run
4	Rest	30/45 min run	Rest	45/60 min run	60/90 min brisk walk with intervals	Rest	7.5/15 kms run
5	Rest	Rest	Rest	Rest	Rest	Rest	Rest
6	Rest	45/60 min run	Rest	45/60 min run	60/90 min brisk walk with intervals	Rest	9/18 kms run
7	Rest	20/30 min run	Rest	20/30 min run	20/30 min brisk walk	Rest	11/21.1 kms run



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8	Rest	20/30 min run	Rest	30/45 min run	45/60 min brisk walk with intervals	Rest	14/25 kms run
9	Rest	30/45 min run	Rest	30/45 min run	45/60 min brisk walk with intervals	Rest	14/25 kms run
10	Rest	Rest	Rest	Rest	Rest	Rest	Rest
11	Rest	30/45 min run	Rest	60/90 min run	45/60 min brisk walk with intervals	Rest	15/30 kms run
12	Rest	45/60 min run	Rest	60/90 min run	45/60 min brisk walk with intervals	Rest	16/32 kms run
13	Rest	30/45 min run	Rest	45/60 min run	45/60 min brisk walk with intervals	Rest	45/90 min run
RACE WEEK	Rest	20/30 min run	Rest	20/30 min run	20/30 min brisk walk	Rest	21.1/42.2 kms run



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Cool down and after care

After running with your dog, allow them to amble or walk for at least 5 minutes to allow their muscles to cool down before inspecting their paws (see Training Plan #1).

The fine print

This training plan uses the principle of periodisation and alternating days of running/walking with rest which is similar to the approach used in marathon training plans for humans. However, this plan is very much written with the dogs in mind.

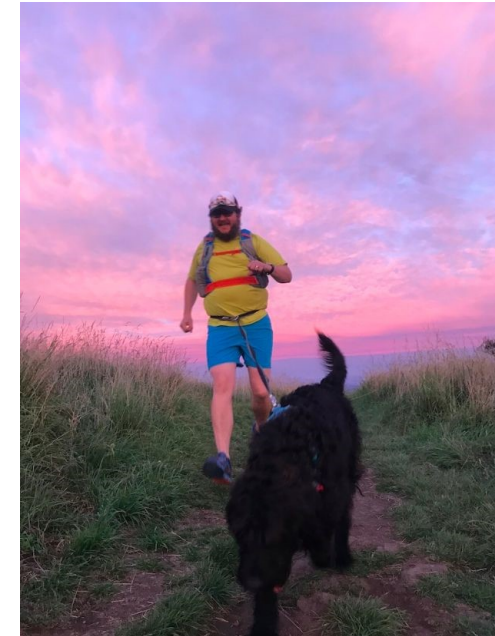
Only a small proportion of 'normal' pet dogs are suitable for marathon distance running. Training Plan #1 discusses what you should do to be absolutely certain that your dog is appropriate for running the long distance

events planned for September 2019.

Ultimately, it is your call about whether your dog is fit enough to run in these events.

If at any point in your dog's training they appear lethargic, with or without digestive upset, seek immediate veterinary attention.

If your dog experiences lameness, a vet check is a particularly good idea since you are in training. Most vets will suggest you restrict exercise for several days (usually with dosages of non-steroidal anti-inflammatory drugs designed for dogs which they will prescribe). Following that restricted exercise period, you will build up your dog's exercise tolerance again.



Rocky and Badger of Further Faster are experienced runners

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