



# 4 Paws Marathon

## Training Plan #3

### 10k Run/Walk

The 10k distance is my favourite because it's just long enough to be a challenge for most dog parents and dogs. But, it is also easily achievable with the right preparation.

This is an 8-week training plan for the 10k run/walk event and it assumes you've followed the initial steps to start training (see Training Plan #1).

#### **Toilet breaks**

One of the aims of this plan is to get you and your dog moving more often. Consequently, in addition to twice daily walks (because even if you are running with your dog in the morning or later in the day—they need a walk at the other end of the day), I'm also recommending that you outlaw the 'quick fix' of letting your dog outside in the yard to go to the toilet.

Instead, I want you to snap on the lead and stroll around the block (or for a least a few

house lengths) for toileting. Every little bit of exercise helps!

#### **New locations each week**

From Week 2 onwards, I recommend that you walk or run in a new location at least once each week. The sights and smells of a new location offer enrichment for our dogs—mental stimulation that keeps them interested and motivated in exercise. Mental enrichment is as important to the wellbeing of dogs as physical exercise is. (A change of scene is also good for you).

#### **Benchmark and start tracking**

Benchmark your walking/running pace with a fitness tracker like a Garmin watch or an app such as Map My Walk and start a log of your training. This log should be filled out daily and will keep you motivated as your and your dog's fitness increases.

#### **Minutes (walkers) vs Length (runners)**

For walkers, this plan talks in terms of **minutes** walked at your pace rather than focusing on length. Taken together, your twice daily walks with your dog should reach the distances quoted for runners on the same day. As you become fitter, your walking pace will increase and your log will help you adjust pace when required.

Walking is a great low-impact exercise for humans and dogs and, if you are both healthy, there is no reason why you can't walk every day. If you feel you need a rest day, then follow the guidance on the next page—**What does a rest day mean for running dogs.**

For runners, this plan talks in terms of **lengths** you want to achieve on a running day.



# 4 Paws Marathon

## Training Plan #3

### 10k Run/Walk p. 2

#### What does a rest day mean for running dogs?

For runners, a rest day for your dog is still a day with walks.

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.

#### Intervals

Interval training means changing pace during a walk to a jog and back again (e.g. walk for 2 blocks and then jog for the next 2). Dogs typically think interval training is a great game. It's ideal for building stamina in both you and your dog.

#### Sit-to-stands for hind end strengthening

For strengthening in both walking and running dogs, you are going to use sit-to-stand exercises. Give your dog the cue to sit and

check that they have a nice tight sit without the legs flopping to one or both sides.



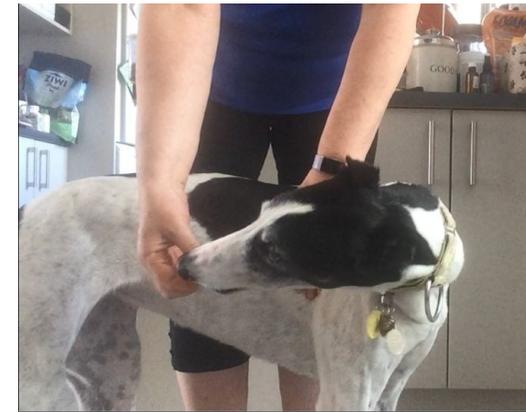
Then reward for the sit and release them to stand. Give another cue to sit, reward and release. Sit-to-stands are the doggy equivalent of push-ups for humans!

#### "Treat Stretches" for Spinal Mobility

With your dog in a standing position, in front of you (see photo), place one hand on their side and with the other, hold a high value treat like a piece of roasted chicken in front of your

dog's nose and move it purposefully towards the direction of their hip.

Your dog will turn its head and stretch to reach the treat. Repeat on the other side.



Dog training plans for this event are sponsored by:



**THE  
BALANCED  
DOG**

Professional dog massage and natural care



# 4 Paws Marathon

## Training Plan #3 10k Run/Walk p. 3

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Additional Exercises (walkers & runners)
1	Rest 20 min twice daily	3 kms 20 min twice daily	Rest 20 min twice daily	3 kms 20 min twice daily	Rest 20 min twice daily	3 kms 20 min twice daily	3 kms 20 min twice daily	None
2	Rest 25 min twice daily	3 kms 25 min twice daily	Rest 25 min twice daily	3 kms 25 min twice daily	Rest 25 min twice daily	3 kms 25 min twice daily	4 kms 25 min twice daily	Sit-to-stand 5 reps daily
3	Rest 25 min twice daily (1 with intervals)	4 kms walk with intervals 25 min twice daily	Rest 25 min twice daily (1 with intervals)	4 kms walk with intervals 25 min twice daily	Rest 25 min twice daily (1 with intervals)	4 kms walk with intervals 25 min twice daily	5 kms 25 min twice daily (1 with intervals)	Sit-to-stand 8 reps daily
4	Rest 25 min walk 30 min walk Choose 1 walk with intervals	5 kms walk with intervals 25 min walk 30 min walk Choose 1 walk with intervals	Rest 25 min walk 30 min walk Choose 1 walk with intervals	5 kms walk with intervals 25 min walk 30 min walk Choose 1 walk with intervals	Rest 25 min walk 30 min walk Choose 1 walk with intervals	5 kms walk with intervals 25 min walk 30 min walk Choose 1 walk with intervals	6 kms 25 min walk 30 min walk Choose 1 walk with intervals	Sit-to-stand 8 reps  Treat stretches 5 each side daily

Dog training plans for this event are sponsored by:



**THE  
BALANCED  
DOG** 

Professional dog massage and natural care



# 4 Paws Marathon

## Training Plan #3

### 10k Run/Walk p. 4

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Additional Exercises (walkers & runners)
5	Rest 30 min twice daily (1 with intervals)	6 kms walk with intervals 30 min twice daily (1 with intervals)	Rest 30 min twice daily (1 with intervals)	6 kms walk with intervals 30 min twice daily (1 with intervals)	Rest 30 min twice daily (1 with intervals)	6 kms 30 min twice daily (1 with intervals)	7 kms 30 min twice daily (1 with intervals)	Sit-to-stand 8 reps Treat stretches 8 each side daily
6	Rest 30min walk w/intervals 40 min walk	7 kms walk with intervals 30 min twice daily (1 with intervals)	Rest 30 min twice daily (1 with intervals)	7 kms walk with intervals 30min walk w/intervals 40 min walk	Rest 30 min twice daily (1 with intervals)	8 kms 30 min twice daily (1 with intervals)	8 kms 30 min twice daily (1 with intervals)	Sit-to-stand 8 reps Treat stretches 8 each side daily
7	Rest 30min walk w/intervals 40 min walk	8 kms walk with intervals 30 min twice daily (1 with intervals)	Rest 30 min twice daily (1 with intervals)	8 kms walk with intervals 30min walk w/intervals 40 min walk	Rest 30 min twice daily (1 with intervals)	7 kms 30 min twice daily (1 with intervals)	6 kms 30min walk w/intervals 35 min walk	Sit-to-stand 8 reps Treat stretches 8 each side daily



**THE  
BALANCED  
DOG** 

Dog training plans for this event are sponsored by:

Professional dog massage and natural care



# Training Plan #3

## 10k Run/Walk p. 5

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Additional Exercises (walkers & runners)
8	Rest 30-35min walk twice daily	4 kms walk with intervals 30-35 min w/ intervals 45 min walk	Rest 30-35 min twice daily	4 kms walk with intervals 30-35min walk w/intervals 45 min walk	Rest 30-35 min twice daily	3.5 kms 30-35 min twice daily (1 with intervals)	10 kms Twice daily walk with intervals to reach the 10 kms distance	Sit-to-stand 8 reps Treat stretches 8 each side daily

Keep up the Week 8 regime until the event!



Dog training plans for this event are sponsored by: