



# 4 Paws Marathon

## Training Plan #4

### 5k Run/Walk

The 5k distance is perfect for dogs and dog parents because it is fun for everyone. By following this 6-week training programme, even the laziest of dogs will become fit enough to participate.

As a reminder, please ensure you have followed the initial steps to start training which are outlined in Training Plan #1 before progressing to this plan.

#### **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.

#### **A word about toilet breaks**

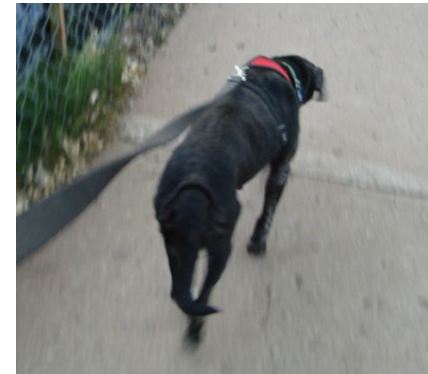
One of the aims of this plan is to get you and your dog moving more often. Consequently, in addition to twice daily walks, I'm also

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!

#### **Interval training**

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; interval training builds stamina for those of you who will choose to run, rather than walk, the 5k distance.





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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1.5 kms walk with intervals	Rest	1.5 kms walk with intervals	Rest	1.5 kms walk with intervals	1.5 kms walk
2	Rest	1.5 kms walk with intervals	Rest	1.5 kms walk with intervals	Rest	1.5 kms—all jogging	2.5 kms walk
3	Rest	2.5 kms walk with intervals	Rest	2.5 kms walk with intervals	Rest	3 kms walk with intervals	3 kms walk
4	Rest	3 kms walk with intervals	Rest	3 kms walk with intervals	Rest	3 kms—all jogging	3.5 kms walk
5	Rest	3.5 kms walk with intervals	Rest	3.5 kms walk with intervals	Rest	4 kms walk with intervals	4 kms walk
6	Rest	4 kms walk with intervals	Rest	4 kms walk with intervals	Rest	3.5 kms—all jogging	3 kms walk

**Keep up the Week 6 regime until the event!**

Dog training plans for this event are sponsored by:



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