



# 4 Paws Marathon

## Training Plan #5

### 16k Run/Walk

The addition of the 16 km length is good for a challenge without having to commit to the half marathon. The 16k is achievable for many dogs if they are fit and trained for it.

This is an 8-week training plan for the 16k 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**. Taken together, your twice daily walks with your dog should reach the distances quoted for runners on the same day. This is a challenge for you to focus on your pace because as you become fitter, your walking pace will increase. There's plenty of time on event day to complete the 16 kms length.

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.



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### 16k 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

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



#### Water training

Some weeks call for a water training session; on these days you will only give one 20-min walk for toileting/stretching.



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## Training Plan #5

### 16k Run/Walk p. 3

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Additional Exercises (walkers & runners)
1	Rest 20 min twice daily	4.5 kms 20 min twice daily	Rest 20 min twice daily	4.5 kms 20 min twice daily	Rest 20 min twice daily	4.5 kms 20 min twice daily	4.5 kms 20 min twice daily	None
2	Rest 25 min twice daily	4.5 kms 25 min twice daily	Rest 25 min twice daily	4.5 kms 25 min twice daily	Rest 25 min twice daily	4.5 kms 25 min twice daily	6 kms 25 min twice daily	Sit-to-stand 5 reps daily
3	Rest 25 min twice daily (1 with intervals)	6 kms walk with intervals 25 min twice daily	Rest 25 min twice daily (1 with intervals)	6 kms walk with intervals 25 min twice daily	Rest 25 min twice daily (1 with intervals)	5 kms walk with intervals 25 min twice daily	7.5 kms 25 min twice daily (1 with intervals)	Sit-to-stand 8 reps daily
4	Rest 30 mins twice daily Choose 1 walk with intervals	7.5 kms walk with intervals 30 mins twice daily Choose 1 walk with intervals	Rest 30 mins twice daily Choose 1 walk with intervals	7.5 kms walk with intervals 30 mins twice daily Choose 1 walk with intervals	Rest 30 mins twice daily Choose 1 walk with intervals	7.5 kms walk with intervals 30 mins twice daily Choose 1 walk with intervals	9 kms 30 mins twice daily Both with intervals	Sit-to-stand 8 reps Treat stretches 5 each side daily

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## Training Plan #5 16k Run/Walk p. 4

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Additional Exercises (walkers & runners)
5	Rest 35 min twice daily (1 with intervals)	9 kms walk with intervals 35 min twice daily (1 with intervals)	Rest 35 min twice daily (1 with intervals)	9 kms walk with intervals 35 min twice daily (1 with intervals)	Rest 35 min twice daily (1 with intervals)	9 kms 35 min twice daily (1 with intervals)	10.5 kms 35 min walk 40 min walk (1 with intervals)	Sit-to-stand 8 reps Treat stretches 8 each side daily
6	Rest 35 min twice daily (1 with intervals)	10.5 kms walk with intervals 35 min walk 40 min walk	Rest 30 min twice daily (1 with intervals)	10.5 kms walk with intervals 35 min walk 40 min walk (1 with intervals)	Rest 35 min twice daily (1 with intervals)	12 kms 40min walk 50 min walk	12 kms 40 min walk 50 min walk (1 with intervals)	Sit-to-stand 8 reps Treat stretches 8 each side daily; one water swim or treadmill session this week
7	Rest 30 min twice daily (1 with intervals)	12 kms walk with intervals 40 min walk 50 min walk	Rest 30 min twice daily (1 with intervals)	12 kms walk with intervals 40 min walk 50 min walk (1 with intervals)	Rest 30 min twice daily (1 with intervals)	10.5 kms 35 min walk 40 min walk (1 with intervals)	9 kms 35 min twice daily (1 with intervals)	Sit-to-stand 10 reps Treat stretches 10 each side daily; one water swim or treadmill session this week



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### 16k Run/Walk p. 5

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Additional Exercises (walkers & runners)
8	Rest 30-35min walk twice daily (1 with intervals)	6 kms walk with intervals 25-30 min walk twice daily	Rest 30-35 min twice daily (1 with intervals)	6 kms walk with intervals 30-35 min twice daily (1 with intervals)	Rest 25-30 min walk w/intervals 50 min walk	4.5 kms 30-35 min twice daily (1 with intervals)	16 kms Twice daily walk with intervals to reach the 16 kms distance	Sit-to-stand 10 reps Treat stretches 10 each side daily; one water swim or treadmill session this week (Mon-Thurs only)

**Keep up the Week 8 regime until the event!**

Want some help with the exercises mentioned here or want to talk about your dog's fitness? Feel free to get in touch and we can schedule a 15-minute free Zoom chat. Email [info@balanceddog.co.nz](mailto:info@balanceddog.co.nz)



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