



Firstly, your dog should be taken to visit its favourite tree, then do a little practice heeling and recall on lead. Reinforce good behaviour with praise and petting. Punishment for training mistakes is discouraged as we want your dog’s training sessions to be fun and positive. ALL sessions commence with a brisk five-minute warm-up walk. Your blood should be pumping a little faster at the end of the warm-up.

Week	Session 1	Session 2	Session 3
1	Warm-up. Alternate 60 seconds of gentle jogging with 90 seconds of walking. Repeat eight times for a total of 20 minutes.	Warm-up. Alternate 60 seconds of gentle jogging with 90 seconds of walking. Repeat eight times for a total of 20 minutes.	Warm-up. Alternate 60 seconds of gentle jogging with 90 seconds of walking. Repeat eight times for a total of 20 minutes.
2	Warm-up. Alternate 90 seconds of gentle jogging with two minutes of walking. Repeat six times for a total of 21 minutes.	Warm-up. Alternate 90 seconds of gentle jogging with two minutes of walking. Repeat six times for a total of 21 minutes.	Warm-up. Alternate 90 seconds of gentle jogging with two minutes of walking. Repeat six times for a total of 21 minutes.
3	Warm-up. <ul style="list-style-type: none"> <li>• Jog 90 seconds</li> <li>• Walk 2 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 4 minutes</li> <li>• Jog 90 seconds</li> <li>• Walk 2 minutes</li> <li>• Jog 3 minutes</li> </ul> Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 4 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 4 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 4 minutes</li> <li>• Jog 3 minutes</li> </ul> Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 3 minutes</li> </ul> Warm down with a walk.
4	Warm-up. <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 4 minutes</li> <li>• Jog 6 minutes</li> <li>• Walk 4 minutes</li> <li>• Jog 3 minutes</li> </ul> Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>• Jog 6 minutes</li> <li>• Walk 4 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 4 minutes</li> <li>• Jog 6 minutes</li> </ul> Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 6 minutes</li> <li>• Walk 4 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 6 minutes</li> </ul> Warm down with a walk.
5	Warm-up. <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 6 minutes</li> <li>• Walk 4 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 6 minutes</li> </ul> Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 6 minutes</li> <li>• Walk 4 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 6 minutes</li> </ul> Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>• Jog 6 minutes</li> <li>• Walk 4 minutes</li> <li>• Jog 6 minutes</li> <li>• Walk 4 minutes</li> <li>• Jog 6 minutes</li> </ul> Warm down with a walk.

Don't forget to visit [www.poochto5k.com/forum](http://www.poochto5k.com/forum) and talk with like minded people about running with your dog. Also, subscribe to our dog health and fitness newsletter for training advice, product reviews, and veterinary support for your canine athlete at [www.poochto5k.com](http://www.poochto5k.com).

Week	Session 1	Session 2	Session 3
6	Warm-up. <ul style="list-style-type: none"> <li>Jog 8 minutes</li> <li>Walk 8 minutes</li> <li>Jog 8 minutes</li> </ul> Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>Jog 8 minutes</li> <li>Walk 8 minutes</li> <li>Jog 8 minutes</li> </ul> Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>Jog 7 minutes</li> <li>Walk 4 minutes</li> <li>Jog 7 minutes</li> <li>Walk 4 minutes</li> <li>Jog 7 minutes</li> </ul> Warm down with a walk.
7	Warm-up. Jog 18 minutes without walking. Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>Jog 8 minutes</li> <li>Walk 4 minutes</li> <li>Jog 8 minutes</li> <li>Walk 4 minutes</li> <li>Jog 8 minutes</li> </ul> Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>Jog 10 minutes</li> <li>Walk 4 minutes</li> <li>Jog 10 minutes</li> </ul> Warm down with a walk.
8	Warm-up. Jog 20 minutes without walking. Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>Jog 7 minutes</li> <li>Walk 4 minutes</li> <li>Jog 15 minutes</li> <li>Walk 4 minutes</li> <li>Jog 7 minutes</li> </ul> Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>Jog 15 minutes</li> <li>Walk 4 minutes</li> <li>Jog 15 minutes</li> </ul> Warm down with a walk.
9	Warm-up. Jog 23 minutes without walking. Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>Jog 10 minutes</li> <li>Walk 4 minutes</li> <li>Jog 10 minutes</li> <li>Walk 4 minutes</li> <li>Jog 10 minutes</li> </ul> Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>Jog 15 minutes</li> <li>Walk 4 minutes</li> <li>Jog 18 minutes</li> </ul> Warm down with a walk.
10	Warm-up. Jog 25 minutes without walking. Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>Jog 10 minutes</li> <li>Walk 4 minutes</li> <li>Jog 15 minutes</li> <li>Walk 4 minutes</li> <li>Jog 10 minutes</li> </ul> Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>Jog 18 minutes</li> <li>Walk 4 minutes</li> <li>Jog 18 minutes</li> </ul> Warm down with a walk.
11	Warm-up. Jog 27 minutes without walking. Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>Jog 15 minutes</li> <li>Walk 4 minutes</li> <li>Jog 10 minutes</li> <li>Walk 4 minutes</li> <li>Jog 15 minutes</li> </ul> Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>Jog 18 minutes</li> <li>Walk 4 minutes</li> <li>Jog 20 minutes</li> </ul> Warm down with a walk.
12	Warm-up. <ul style="list-style-type: none"> <li>Jog 15 minutes</li> <li>Walk 4 minutes</li> <li>Jog 15 minutes</li> <li>Walk 4 minutes</li> <li>Jog 15 minutes</li> </ul> Warm down with a walk.	Warm-up. <ul style="list-style-type: none"> <li>Jog 20 minutes</li> <li>Walk 4 minutes</li> <li>Jog 20 minutes</li> </ul> Warm down with a walk.	Warm-up. Jog 30 minutes without walking. Warm down with a walk. Congratulations, you've just run 5k with your pooch!

These sessions assume a jogging pace of around 7:30 per kilometre in the earliest weeks, finishing in week 12 at around 6:00 per kilometre. Don't worry about pace though, if you and your dog can run for 30 minutes you can both finish 5 km.

Before commencing any exercise program with your dog we recommend that you visit your doctor and take your dog to its vet to ensure your safety and health is maintained.

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