

Pooch to 5K Run Plan

The Pooch to 5K Run Plan is best suited for dogs and owners that have been running at least 10-15 minutes or walking 40-60 minutes, three times per week. If you're doing less, no worries! Start with the 5K Walk Plan and work your way up. It is recommended to visit your vet before participating in an exercise program with your dog.

| Week | Session One | Session Two | Session Three |
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| 1 | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 1 minute easy effort running • 3 minutes walking • Repeat 8 times • Cool down 3 minutes 32 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 1 minute easy effort running • 3 minutes walking • Repeat 8 times • Cool down 3 minutes 32 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 1 minute easy effort running • 3 minutes walking • Repeat 8 times • Cool down 3 minutes 32 Minutes. |
| 2 | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 90 seconds easy effort running • 2 minutes and 30 seconds walking • Repeat 8 times • Cool down 3 minutes 32 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 90 seconds easy effort running • 2 minutes and 30 seconds walking • Repeat 8 times • Cool down 3 minutes 32 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 90 seconds easy effort running • 2 minutes and 30 seconds walking • Repeat 8 times • Cool down 3 minutes 32 Minutes. |
| 3 | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 2 minutes easy effort running • 2 minutes walking • Repeat 9 times • Cool down 3 minutes 27 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 2 minutes easy effort running • 2 minutes walking • Repeat 9 times • Cool down 3 minutes 27 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 2 minutes easy effort running • 2 minutes walking • Repeat 9 times • Cool down 3 minutes 27 Minutes. |
| 4 | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 3 minutes easy effort running • 2 minutes walking • Repeat 6 times • Cool down 3 minutes 30 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 3 minutes easy effort running • 2 minutes walking • Repeat 6 times • Cool down 3 minutes 30 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 3 minutes easy effort running • 2 minutes walking • Repeat 6 times • Cool down 3 minutes 30 Minutes. |
| 5 | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 4 minutes easy effort running • 2 minutes walking • Repeat 6 times • Cool down 3 minutes 36 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 4 minutes easy effort running • 2 minutes walking • Repeat 6 times • Cool down 3 minutes 36 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 4 minutes easy effort running • 2 minutes walking • Repeat 6 times • Cool down 3 minutes 36 Minutes. |
| 6 | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 5 minute easy effort running • 1 minute walking • Repeat 6 times • Cool down 3 minutes 36 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 5 minute easy effort running • 1 minute walking • Repeat 6 times • Cool down 3 minutes 36 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 5 minute easy effort running • 1 minute walking • Repeat 6 times • Cool down 3 minutes 36 Minutes. |

| Week | Session One | Session Two | Session Three |
|-------------|---|---|---|
| 7 | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 6 minutes easy effort running • 1 minute walking • Repeat 5 times • Cool down 3 minutes 35 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 6 minutes easy effort running • 1 minute walking • Repeat 5 times • Cool down 3 minutes 35 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 6 minutes easy effort running • 1 minute walking • Repeat 5 times • Cool down 3 minutes 35 Minutes. |
| 8 | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 7 minutes easy effort running • 1 minute walking • Repeat 4 times • Cool down 3 minutes 32 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 7 minutes easy effort running • 1 minute walking • Repeat 4 times • Cool down 3 minutes 32 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 7 minutes easy effort running • 1 minute walking • Repeat 4 times • Cool down 3 minutes 32 Minutes. |
| 9 | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 8 minutes easy effort running • 1 minute walking • Repeat 4 times • Cool down 3 minutes 36 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 8 minutes easy effort running • 1 minute walking • Repeat 4 times • Cool down 3 minutes 36 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 8 minutes easy effort running • 1 minute walking • Repeat 4 times • Cool down 3 minutes 36 Minutes. |
| 10 | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 9 minutes easy effort running • 1 minute walking • Repeat 3 times • Cool down 3 minutes 30 Minutes. | Warm up walking for 5 minutes. <ul style="list-style-type: none"> • 5 minutes easy effort running • 1 minute walking • Repeat 4 times • Cool down 3 minutes 25 Minutes. | Pooch to 5K Run! Run the entire 5K and/or walk 1 minute at every mile. |

Session One: Structured session facilitated by Melissa every Tuesday 6:00 pm.

Session Two: Structured session facilitated by Craig every Thursday at 6:00 pm.

Session Three: Unstructured course without facilitation, taken Friday to Monday at 6:00 pm.

What to bring to your run sessions

- Water bottle
- A good pair of running shoes
- Proper sweat wicking clothing/workout attire
- Two leashes
- Harness or collar for your dog
- A way of keeping time if you choose to do so
- A positive attitude!