

## Coach Jenny's Doggy 5K Walk Training Plan

The 5K Doggy Walk Training Plan is best suited for dogs and owners that have been walking at least 15-20 minutes 3-4 times per week. If you're doing less, no worries! Simply start walking 10-15 minutes 3-4 times per week for 3-4 weeks to work your way up to this plan. \*It is recommended to visit your vet before participating in a exercise program with your dog.

| Week     | Session One   | Session Two   | Session Three   |
|----------|---|---|---|
| <b>1</b> | Warm up for three minutes. Walk <b>20 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>20 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>25 minutes</b> at a continuously easy effort level. Cool down two minutes. |
| <b>2</b> | Warm up for three minutes. Walk <b>20 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>20 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>25 minutes</b> at a continuously easy effort level. Cool down two minutes. |
| <b>3</b> | Warm up for three minutes. Walk <b>25 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>20 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>30 minutes</b> at a continuously easy effort level. Cool down two minutes. |
| <b>4</b> | Warm up for three minutes. Walk <b>25 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>20 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>30 minutes</b> at a continuously easy effort level. Cool down two minutes. |
| <b>5</b> | Warm up for three minutes. Walk <b>25 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>25 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>35 minutes</b> at a continuously easy effort level. Cool down two minutes. |
| <b>6</b> | Warm up for three minutes. Walk <b>30 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>25 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>40 minutes</b> at a continuously easy effort level. Cool down two minutes. |

|    |   |   |   |
|----|---|---|---|
| 7  | Warm up for three minutes. Walk <b>30 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>30 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>45 minutes</b> at a continuously easy effort level. Cool down two minutes. |
| 8  | Warm up for three minutes. Walk <b>30 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>30 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>50 minutes</b> at a continuously easy effort level. Cool down two minutes. |
| 9  | Warm up for three minutes. Walk <b>30 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>30 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>60 minutes</b> at a continuously easy effort level. Cool down two minutes. |
| 10 | Warm up for three minutes. Walk <b>30 minutes</b> at a continuously easy effort level. Cool down two minutes. | Warm up for three minutes. Walk <b>25 minutes</b> at a continuously easy effort level. Cool down two minutes. | <b>5K Walk!</b>   |