

## Coach Jenny's Doggy 5K Run Plan

The 5K Run Training 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 Training Plan and work your way up. \*It is recommended to visit your vet before participating in a exercise program with your dog.

Week	Session One	Session Two	Session Three
1	Warm up walking for five minutes. Repeat 8 times: 1 minutes easy effort running with 3 minutes walking. Cool down three minutes. 32 min	Warm up walking for five minutes. Repeat 8 times: 1 minutes easy effort running with 3 minutes walking. Cool down three minutes. 32 min	Warm up walking for five minutes. Repeat 8 times: 1 minutes easy effort running with 3 minutes walking. Cool down three minutes. 32 min
2	Warm up walking for five minutes. Repeat 8 times: 90 seconds easy effort running with 2 minutes 30 seconds walking. Cool down three minutes. 32 min	Warm up walking for five minutes. Repeat 8 times: 90 seconds easy effort running with 2 minutes 30 seconds walking. Cool down three minutes. 32 min	Warm up walking for five minutes. Repeat 8 times: 90 seconds easy effort running with 2 minutes 30 seconds walking. Cool down three minutes. 32 min
3	Warm up walking for five minutes. Repeat 9 times: 2 minutes easy effort running with 2 minutes walking. Cool down three minutes. 27 min	Warm up walking for five minutes. Repeat 9 times: 2 minutes easy effort running with 2 minutes walking. Cool down three minutes. 27 min	Warm up walking for five minutes. Repeat 9 times: 2 minutes easy effort running with 2 minutes walking. Cool down three minutes. 27 min
4	Warm up walking for five minutes. Repeat 6 times: 3 minutes easy effort running with 2 minutes walking. Cool down three minutes. 30 min	Warm up walking for five minutes. Repeat 6 times: 3 minutes easy effort running with 2 minutes walking. Cool down three minutes. 30 min	Warm up walking for five minutes. Repeat 6 times: 3 minutes easy effort running with 2 minutes walking. Cool down three minutes. 30 min

5	Warm up walking for five minutes. Repeat 6 times: 4 minutes easy effort running with 2 minutes walking. Cool down three minutes. 36 min	Warm up walking for five minutes. Repeat 6 times: 4 minutes easy effort running with 2 minutes walking. Cool down three minutes. 36 min	Warm up walking for five minutes. Repeat 6 times: 4 minutes easy effort running with 2 minutes walking. Cool down three minutes. 36 min
6	Warm up walking for five minutes. Repeat 6 times: 5 minutes easy effort running with 1 minutes walking. Cool down three minutes. 36 min	Warm up walking for five minutes. Repeat 6 times: 5 minutes easy effort running with 1 minutes walking. Cool down three minutes. 36 min	Warm up walking for five minutes. Repeat 6 times: 5 minutes easy effort running with 1 minutes walking. Cool down three minutes. 36 min
7	Warm up walking for five minutes. Repeat 5 times: 6 minutes easy effort running with 1 minutes walking. Cool down three minutes. 35 min	Warm up walking for five minutes. Repeat 5 times: 6 minutes easy effort running with 1 minutes walking. Cool down three minutes. 35 min	Warm up walking for five minutes. Repeat 5 times: 6 minutes easy effort running with 1 minutes walking. Cool down three minutes. 35 min
8	Warm up walking for five minutes. Repeat 4 times: 7 minutes easy effort running with 1 minutes walking. Cool down three minutes. 32 min	Warm up walking for five minutes. Repeat 4 times: 7 minutes easy effort running with 1 minutes walking. Cool down three minutes. 32 min	Warm up walking for five minutes. Repeat 4 times: 7 minutes easy effort running with 1 minutes walking. Cool down three minutes. 32 min
9	Warm up walking for five minutes. Repeat 4 times: 8 minutes easy effort running with 1 minutes walking. Cool down three minutes. 36 min	Warm up walking for five minutes. Repeat 4 times: 8 minutes easy effort running with 1 minutes walking. Cool down three minutes. 36 min	Warm up walking for five minutes. Repeat 4 times: 8 minutes easy effort running with 1 minutes walking. Cool down three minutes. 36 min
10	Warm up walking for five minutes. Repeat 3 times: 9 minutes easy effort running with 1 minutes walking. Cool down three minutes. 30 min	Warm up walking for five minutes. Repeat 4 times: 5 minutes easy effort running with 1 minutes walking. Cool down three minutes. 25 min	<b>5K Run! Run the entire 5K or and walk 1 minute at every mile.</b>