

# 2.5KM MUDDY DOG CHALLENGE TRAINING PLAN (WEEK ONE TO FOUR)

It is recommended to visit your vet before participating in any exercise programme with your dog.



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
ONE	Run / Walk 1km with your dog. Alternate between walking and running to build up your stamina. Time yourself, e.g. 1 min walking, 15 secs running.	Rest day	Run / Walk 1km with your dog. Alternate between walking and running to build up your stamina. Try running for longer than you did on Monday, e.g. 1 min walk, 30 secs run.	Rest day	Bodyweight circuit training with your dog: 3 rounds:- 5 squats, 20 secs plank (on elbows on soft ground or a mat), 3 press ups. 1 min rest between rounds.	Long walk with dog (30 minutes suggested)
TWO	Run / Walk 1km with your dog. Increase the run time from previous week, e.g. 1 min walk, 45 secs run.	Rest day	Bodyweight circuit training with your dog: 3 rounds:- 5 squats, 5 mountain climbers, 5 press ups, 10 walking lunges. 1 min rest between rounds.	Rest day	Run / Walk 1km with your dog. Increase the run time from previous week, e.g. 1 min walk, 45 secs run.	Long walk with dog (30 minutes suggested)
THREE	Run 1km with your dog. Go on, try to do it without stopping!	Rest day	Bodyweight circuit training with your dog: 3 rounds:- 5 squats, 5 mountain climbers, 15 secs side plank (on each side), 3 burpees. 1 min rest between rounds.	Rest day	Run 1k with your dog. Go on, try to do it without stopping! Try to run on grass as much as you can.	Long walk with dog (45 minutes suggested)
FOUR	Bodyweight circuit training with your dog: 3 rounds:-10 low wall step-ups, 10 walking lunges, 30 secs plank, 15 secs mountain climbers. 1 minute rest between rounds.	Rest day	Run / Walk 2km with your dog. Alternate between walking and running to build up your stamina. Time yourself, e.g. 1 min walking, 15 secs running.	Rest day	Run 1km with your dog without stopping. Run on grass as much as possible. Hill reps x 3 – find a short steep hill (e.g. 50 – 100 metres long) and walk or run up as fast as possible, walk down for recovery, then back up.	Long walk with dog (45 minutes suggested)

# 2.5KM MUDDY DOG CHALLENGE TRAINING PLAN (WEEK FIVE TO EIGHT)

It is recommended to visit your vet before participating in any exercise programme with your dog.



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
FIVE	Run / Walk 2km with your dog. Try running for longer than you did last week, e.g. 1 min walk, 30 secs run.	Rest day	Bodyweight circuit training: 3 rounds:- 5 press ups, 5 squats, 10 mountain climbers, 5 low wall step-ups, 30 secs plank. 1 min rest between rounds.	Rest day	Run 1km with your dog on grass. Then 3 x hill reps – find a steep hill (50 – 100 metres long), walk or run up as fast as possible and walk down for recovery.	Long walk with dog (1 hour suggested)
SIX	Bodyweight circuit training: 3 rounds:- 10 lunge walks, 5 squats, 10 mountain climbers, 5 burpees. 1 min rest between rounds.	Rest day	Run 2km with your dog. Go on, try to do it without stopping! Try to run on grass as much as you can. If you need to stop, time yourself for a maximum of 15 secs to catch your breath.	Rest day	Run/ Walk 2km with your dog. Try running for longer than you did last week, e.g. 1 min walk, 45 secs run. Then 3 x hill reps – find a steep hill ( 50 – 100 metres), walk or run up as fast as possible, walk down to recover.	Long walk with dog (1 hour suggested)
SEVEN	Interval training with your dog: Run as fast as possible for 30 secs, Walk 1 minute. Repeat 5 times.	Rest day	Bodyweight circuit training: 3 rounds:- 6 press ups, 8 squats, 10 walking lunges, 3 burpees. 1 min rest between rounds.	Rest day	Run 2.5km with your dog, with majority on grass. If you need to stop, time yourself for a maximum of 15 secs to catch your breath.	Long walk with dog (1 hour suggested)
EIGHT	Bodyweight circuit training: 3 rounds:- 10 superman planks, 5 squats, 8 mountain climbers, 3 burpees. 1 min rest between rounds.	Rest day	Run 1km with your dog without stopping.	Rest day	Rest day	Event day!