

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, 30 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, 45 secs run.	Rest day	Bodyweight circuit training with your dog: 3 rounds:- 10 squats, 30 secs plank (on elbows on soft ground or a mat), 5 press ups, 10 walking lunges. 1 min rest between rounds.	Long walk with dog (1 hour suggested)
TWO	Run / Walk 2km with your dog. Increase the run time from previous week, e.g. 1 min walk, 1 min run.	Rest day	Bodyweight circuit training with your dog: 4 rounds:- 10 squats, 10 mountain climbers, 8 press ups, 12 walking lunges. 1 min rest between rounds.	Rest day	Run / Walk 2km with your dog. Try to walk as little as possible, and only for very short stretches (e.g. 30 secs – 1 min) to catch your breath.	Long walk with dog (1 hour suggested)
THREE	Run 2km with your dog, Go on, try to do it without stopping!	Rest day	Bodyweight circuit training with your dog: 4 rounds:- 10 squats, 12 mountain climbers, 15 - 30 secs side plank (on each side), 5 burpees. 1 min rest between rounds.	Rest day	Run 2k 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 (2 hours suggested)
FOUR	Bodyweight circuit training with your dog: 4 rounds:- 20 wall step-ups, 14 walking lunges, 30 secs – 1 min plank, 30 secs mountain climbers. 1 min rest between rounds.	Rest day	Run 3km with your dog. Try to do it without stopping, and if you need to, walk for small stretches (eg. 1 – 2 mins) only to catch your breath.	Rest day	Run 1km with your dog without stopping. Run on grass as much as possible. Hill reps x 10 – find a short steep hill (e.g. 50 – 100 metres long) and run up as fast as possible, jog down for recovery, then back up.	Long walk with dog (2 hours suggested)

5KM MUDDY DOG CHALLENGE TRAINING PLAN (WEEK FIVE TO EIGHT)

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
FIVE	Run 3km with your dog without stopping. Run on grass as much as possible. If you need to walk, only do so for 1 – 2 mins.	Rest day	Bodyweight circuit training: 4 rounds:- 8 – 10 press ups, 10 squats, 10 mountain climbers, 10 wall step-ups, 30 – 45 secs plank. 1 min rest between rounds.	Rest day	Run 2km with your dog on grass. Then 5 x hill reps – find a steep hill (50 – 100 metres long), run up as fast as possible and jog down for recovery.	Long walk with dog (2 hours suggested)
SIX	Bodyweight circuit training: 4 rounds:- 14 lunge walks, 12 squats, 12 mountain climbers, 5 burpees. 1 min rest between rounds.	Rest day	Run 3km with your dog without stopping*. On grass as much as possible. *If rest is required, only do this max 3 times for 1 – 2 mins.	Rest day	Run 3km with your dog without stopping. Then 6 x hill reps – find a steep hill (50 – 100 metres), run up as fast as possible and jog down for recovery.	Long walk with dog (2 hours suggested)
SEVEN	Interval training with your dog: Run as fast as possible for 30 secs, walk 1 min. Repeat 10 times.	Rest day	Bodyweight circuit training: 5 rounds:- 6 – 8 press ups, 10 squats, 12 walking lunges, 5 burpees. 1 min rest between rounds.	Rest day	Run 5km with your dog, with majority on grass. If required, only walk for maximum of 5 times for 1 – 2 mins	Long walk with dog (1 hour suggested)
EIGHT	Run 4km with your dog without stopping. If required, only walk for max 4 times for 1 – 2 mins	Rest day	Bodyweight circuit training: 5 rounds:- 10 superman planks, 10 squats, 12 mountain climbers, 5 burpees. 1 min rest between rounds.	Rest day	Rest day	Event day!