

5K Running Plan for You & Your Dog

	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
WEEK 1	20 minutes 5 min walk warmup 10 x 30 sec jog, 30 sec walk 5 min walk cool down	Rest or walk dog 20-30 min	20 minutes 5 min walk warmup 10 x 30 sec jog, 30 sec walk 5 min walk cool down	Rest	30 minutes 5 min walk warm up 10 x 1 min jog, 1 min walk 5 min walk cool down	Rest	Rest	70 minutes
WEEK 2	20 minutes 5 min walk warmup 10 x 30 sec jog, 30 sec walk 5 min walk cool down	Rest or walk dog 20-30 min	20 minutes 5 min walk warmup 10 x 30 sec jog, 30 sec walk 5 min walk cool down	Rest	30 minutes 5 min walk warm up 10 x 1 min jog, 1 min walk 5 min walk cool down	Rest	Rest	70 minutes
WEEK 3	30-35 minutes 5 min walk warmup 10 x 1 min run, 1 min walk 5-10 min walk cool down	Rest or walk dog 20-30 min.	20 minutes 5 min walk warmup 10 x 30 sec jog, 30 sec walk 5 min walk cool down	Rest	35-40 minutes 5 min walk warm up 8 x 90 sec run, 90 sec walk 5-10 min walk cool down	Rest	Rest	85-95 minutes
WEEK 4	30-35 minutes 5 min walk warmup 10 x 1 min run, 1 min walk 5-10 min walk cool down	Rest or walk dog 20-30 min.	20 minutes 5 min walk warmup 10 x 30 sec jog, 30 sec walk 5 min walk cool down	Rest	35-40 minutes 5 min walk warm up 8 x 90 sec run, 90 sec walk 5-10 min walk cool down	Rest	Rest	85-95 minutes
WEEK 5	30 minutes 5 min walk warm up 10 x 1 min jog, 1 min walk 5 min walk cool down	Rest or walk dog 20-30 min.	25-30 minutes 5 min walk warmup 5 x 2 min run, 1 min walk 5-10 min walk cool down	Rest	35-40 minutes 5 min walk warm up 8 x 2 min run, 1 min walk 5-10 min walk cool down	Rest	Rest	90-100 minutes
WEEK 6	30 minutes 5 min walk warm up 10 x 1 min jog, 1 min walk 5 min walk cool down	Rest or walk dog 20-30 min.	25-30 minutes 5 min walk warmup 5 x 2 min run, 1 min walk 5-10 min walk cool down	Rest or walk dog 20-30 min.	35-40 minutes 5 min walk warm up 8 x 2 min run, 1 min walk 5-10 min walk cool down	Rest	Rest	90-100 minutes
WEEK 7	30 minutes 5 min walk warmup 5 x 3 min run, 1 min walk 5 min walk cool down	Rest or walk dog 20-30 min.	25-30 minutes 5 min walk warmup 4 min run, 2 min walk 3 min run, 1 min walk 2 mins run 5-10 min walk cool down	Rest or walk dog 20-30 min.	30 minutes 5 min walk warmup 5 x 3 mins run, 1 min walk 5 min walk cool down	10-15 minutes Walk/jog	Rest	95-105 minutes
WEEK 8	30 minutes 5 min walking warmup 5x3 mins run, 1 min walk 5 min walk cool down	Rest or walk dog 20-30 min.	20-25 minutes 5 min walk warmup 4 min run, 2 min walk 3 min run, 1 min walk 2 min run 5-10 min walk cool down	Rest or walk dog 20-30 min.	30 minutes 5 min walk warmup 5 x 3 min run, 1 min walk 5 min walk cool down	10-15 minutes Walk/jog	Rest	90-100 minutes
WEEK 9	30 minutes 5 min walk warm up 4 x 4 min run, 1 min walk 5 min walk cool down	Rest or walk dog 20-30 min.	25-30 minutes 5 min walk warmup 5 min run, 2 min walk 3 min run, 2 min walk 2 min run 5-10 min walk cool down	Rest or walk dog 20-30 min.	30 minutes 5 min walk warmup 4 x 4 min run, 1 min walk 5 min walk cool down	Rest	Rest	85-90 minutes
WEEK 10	20 minutes 5 min walk warmup 10 x 30 sec jog, 30 sec walk 5 min walk cool down	Rest or walk dog 20-30 min.	25-30 minutes 5 min walk warmup 5 min run, 2 min walk 3 min run, 2 min walk 2 min run 5-10 min walking cool down	Rest	20 minutes Walk (to keep all 6 legs fresh for race day!)	Race	or Race	65-70 minutes + race