



Couch to 5k *Canine*

WELCOME TO THE DINK DOG MOM'S COUCH TO 5K CANINE EDITION! BEFORE STARTING A NEW EXERCISE ROUTINE FOR YOURSELF OR YOUR DOG, PLEASE CHECK WITH YOUR DOCTOR AND YOUR VETERINARIAN.

THIS PROGRAM IS 6 WEEKS LONG AND IS DESIGNED FOR BEGINNERS. HOWEVER, NOT ALL OF US BUILD ENDURANCE AT THE SAME RATE. YOU CAN ALWAYS REPEAT A SESSION OR AN ENTIRE WEEK IF NEEDED. LISTEN TO YOUR BODY. IT IS BETTER TO GO SLOW AND STEADY THAN TO OVERDO IT.

YOU CAN USE THE STOPWATCH ON YOUR PHONE TO TRACK YOUR TIME, OR DOWNLOAD RUNKEEPER AND CREATE A CUSTOM WORKOUT.

TIPS FOR RUNNING WITH YOUR DOG:

1. BE MINDFUL OF THE TEMPERATURE. DOGS OVERHEAT MORE EASILY THAN HUMANS.
2. ALWAYS CHECK YOUR DOG'S PAW PADS BEFORE AND AFTER A RUN TO MAKE SURE THEY AREN'T CRACKED OR HURT IN ANYWAY. AVOID HOT PAVEMENT OR ROCKY TERRAIN.
3. RUNNING CAN BE HARD ON THE JOINTS. PUT YOUR DOG ON A GOOD JOINT SUPPLEMENT, AND AVOID RUNNING ON PAVEMENT IF POSSIBLE. DIRT TRAILS, SPORTS TRACKS, AND GRASS ARE EASIEST ON THE JOINTS.
4. MAKE SURE YOUR DOG IS HEALTHY ENOUGH TO RUN. PUPPIES SHOULD NOT GO ON RUNS UNTIL THEIR GROWTH PLATES HAVE CLOSED.

THE
dink
DOG MOM





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ALL SESSIONS BEGIN WITH A BRISK 5 MINUTE WARM-UP WALK AND END WITH A 5 MINUTE COOL-DOWN WALK. DON'T FORGET TO STRETCH YOURSELF AND YOUR DOG!

SESSION 1

SESSION 2

SESSION 3

WK 1

RUN 1 MIN
WALK 1 MIN
REPEAT X 10

RUN 2 MINS
WALK 4 MINS
REPEAT X 5

RUN 2 MINS
WALK 4 MINS
REPEAT X 5

WK 2

RUN 3 MINS
WALK 3 MINS
REPEAT X 4

RUN 3 MINS
WALK 3 MINS
REPEAT X 4

RUN 5 MINS
WALK 3 MINS
REPEAT X 3

WK 3

RUN 7 MINS
WALK 2 MINS
REPEAT X 3

RUN 8 MINS
WALK 2 MINS
REPEAT X 3

RUN 8 MINS
WALK 2 MINS
REPEAT X 3

WK 4

RUN 8 MINS
WALK 2 MINS
REPEAT X 3

RUN 10 MINS
WALK 2 MINS
REPEAT X 2
RUN 5 MINS

RUN 8 MINS
WALK 2 MINS
REPEAT X 3

WK 5

WALK 9 MINS
WALK 1 MIN
REPEAT X 3

RUN 12 MINS
WALK 2 MINS
REPEAT X 2
RUN 5 MIN

RUN 8 MINS
WALK 2 MINS
REPEAT X 3

WK 6

RUN 15 MINS
WALK 1 MIN
REPEAT X 2

RUN 8 MINS
WALK 2 MINS
REPEAT X 3

RUN 5K!



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HOW WAS YOUR RUN? MAKE NOTES IN THE SPACES BELOW. YOU CAN TRACK YOUR MILEAGE, HOW YOU FELT, THE PROGRESS YOU MAKE, ETC.

SESSION 1

SESSION 2

SESSION 3

WK 1

WK 2

WK 3

WK 4

WK 5

WK 6



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HOW WAS YOUR RUN? MAKE NOTES IN THE SPACES BELOW. YOU CAN TRACK YOUR MILEAGE, HOW YOU FELT, THE PROGRESS YOU MAKE, ETC.

SESSION 1

SESSION 2

SESSION 3

WK 7

WK 8

WK 9

WK 10

WK 11

WK 12