



ULTIMUTT RACE 5K TRAINING PLAN

It is recommended to visit your veterinarian before participating in any exercise program with your dog.

Make sure to warm up or jog for 5 minutes and then stretch before each workout. Never force your dog to exercise, walk, or run against his will. If training for 2.5k race, only complete half of all mileage. To begin training at 12 weeks out, simply complete each week twice before proceeding.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
WEEK 1	Run/Walk 1 mile w/ dog. *to build up to running continuously for 1 mile: Alternate running 30 sec.& walking 1 min.	-25 squats to pet dog. -25 push ups -10 sprints w dog	Run/Walk 1 mile w/ dog. *to build up to running continuously for 1 mile: Alternate running 30 sec.& walking 1 min.	-run up hill 25 times or up stairs w dog	Run/Walk 1 mile w/ dog. *to build up to running continuously for 1 mile: Alternate running 30 sec.& walking 1 min.	Take dog to park and walk/jog for 2-3 miles.
WEEK 2	Run/Walk 1.5 miles w/ dog. Alternate running and walking.	-25 squats to pet dog. -25 push ups -20 jump over an object w dog on leash. -10 bear crawls w dog	Run/Walk 1.5 miles w/ dog. Alternate running and walking. .	-30 step ups, alternating legs, on chair or object -run up hill/stairs 15 times -30 tricep dips on object -30 crunches	Run/Walk 1.5 miles w/ dog. Alternate running and walking.	Take dog to park and walk/jog for 2-3 miles.
WEEK 3	Run/Walk 2 miles w/ dog. Alternate running and walking.	-35 squats to pet dog. -30 push ups -100 meters of walking forward lunges -10 sprints w dog	Run/Walk 2 miles w/ dog. Alternate running and walking.	-30 push ups -bicep curl your dog or a heavier object 25 times -30 tricep dips -plank hold 30 sec. twice	Run/Walk 2 miles w/ dog. Alternate running and walking.	Take dog to park and walk/jog for 2-3 miles.
WEEK 4	Run/Walk 2.5 miles w/ dog. Alternate running and walking.	-100 meters side shuffle squats, x 6(3 down/3 back) -100m of forward lunges -100m of backward lunges -20 squats, x2	Run/Walk 2.5 miles w/ dog. Alternate running and walking.	-20 push ups -40 mountain climbers -30 tricep dips (repeat this for 3 rounds)	Run/Walk 2.5 miles w/ dog. Alternate running and walking.	Take dog to park and walk/jog for 3-4 miles.
WEEK 5	Run/Walk 3 miles w/ dog. Try to run the entire 3 miles with only 3 small walking breaks for 1 min.	-25 squats holding dog or heavy object -30 crunches -25 jump over object with dog (repeat 2 rounds)	Run/Walk 3 miles w/ dog. Try to run the entire 3 miles with only 3 small walking breaks for 1 min	-12 crab walks -12 bear crawls -toss frisbee/ball and race dog to fetch it. 12x (repeat 2 rounds)	Run/Walk 3 miles w/ dog. Try to run the entire 3 miles with only 3 small walking breaks for 1 min	Take dog to park and walk/jog for 3-4 miles.
WEEK 6	Run/Walk 3 miles w/ dog. Try to run the full 3 miles.	-25 squats -25 push ups -25 crunches -25 jump over object w dog (repeat 2 rounds)	Run/Walk 3 miles w/ dog. Try to run the full 3 miles	-toss frisbee/ball and race dog to fetch it. 12x (repeat 2 rounds) -10 jump over object w dog	Rest Day Stretch and you & your dog should drink lots of water!	ULTIMUTT RACE DAY!