



Pooch to Pavement

5K Training Schedule

WEEK 5

	SESSION 1	SESSION 2	SESSION 3
Workout Plan	35 minutes; 7-9 minute intervals combining jogging, running, and a sprint	35 minutes; 4-10 minute intervals combining jogging, running, and a sprint	40 minutes; 7-11 minute intervals combining jogging, running, and sprints
Interval 1	<ul style="list-style-type: none">• 2 minutes jogging• 7 minutes running	<ul style="list-style-type: none">• 2 minutes jogging• 8 minutes running	<ul style="list-style-type: none">• 2 minutes jogging• 8 minutes running
Interval 2	<ul style="list-style-type: none">• 2 minutes jogging• 7 minutes running	<ul style="list-style-type: none">• 2 minutes jogging• 8 minutes running	<ul style="list-style-type: none">• 1 minute jogging• 9 minutes running• 1 minute sprint
Return to walking or a quick stop for a water break - 1 minute			
Interval 3	<ul style="list-style-type: none">• 1 minute jogging• 8 minutes running	<ul style="list-style-type: none">• 1 minute jogging• 9 minutes running	<ul style="list-style-type: none">• 2 minutes jogging• 8 minutes running• 1 minute sprint
Interval 4	<ul style="list-style-type: none">• 1 minute jogging• 5 minutes running• 1 minute sprint	<ul style="list-style-type: none">• 1 minute jogging• 2 minutes running• 1 minute sprint	<ul style="list-style-type: none">• 6 minutes running• 1 minute sprint

All sessions should include a 5-minute warm-up and 5-minute cool down. Warm-ups allow your dog to sniff and eliminate as necessary. The cool down allows both of you to catch your breath and help your heart rates return to normal. It's still hot out there, so make sure to rehydrate with a mid-workout water break. Give those muscles a break with rest days interspersed between each session.