



RUFFWEAR®

TRAINING PLAN // **HOW TO RUN** **WITH YOUR DOG**

WEEK 1

WU = WARM UP
WO = WORK OUT
CD = COOL DOWN

DAY 1

(30 MIN TOTAL)
WU: Walk 5 min
WO: Run 2 min,
Walk 2 min (5x)
CD: Walk 5 min

DAY 2

*Rest/Active
Recovery Walk*

DAY 3

(28 MIN TOTAL)
WU: Walk 5 min
WO: Run 2 min,
Walk 1 min (6x)
CD: Walk 5 min

DAY 4

*Rest/Active
Recovery Walk*

DAY 5

(35 MIN TOTAL)
WU: Walk 5 min
WO: Run 3 min,
Walk 2 min (5x)
CD: Walk 5 min

DAY 6

*Rest/Active
Recovery Walk*

DAY 7

(30 MIN TOTAL)
WU: Walk 5 min
WO: Run 3 min,
Walk 1 min (5x)
CD: Walk 5 min



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WEEK 2

WU = WARM UP
WO = WORK OUT
CD = COOL DOWN

DAY 1

(35 MIN TOTAL)
WU: Walk 5 min
WO: Run 4 min,
Walk 1 min (5x)
CD: Walk 5 min

DAY 2

*Rest/Active
Recovery Walk*

DAY 3

(35 MIN TOTAL)
WU: Walk 5 min
WO: Run 4 min,
Walk 1 min (5x)
CD: Walk 5 min

DAY 4

*Rest/Active
Recovery Walk*

DAY 5

(34 MIN TOTAL)
WU: Walk 5 min
WO: Run 5 min,
Walk 1 min (4x)
CD: Walk 5 min

DAY 6

*Rest/Active
Recovery Walk*

DAY 7

(40 MIN TOTAL)
WU: Walk 5 min
WO: Run 5 min,
Walk 1 min (5x)
CD: Walk 5 min



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WEEK 3

WU = WARM UP
WO = WORK OUT
CD = COOL DOWN

DAY 1

(38 MIN TOTAL)
WU: Walk 5 min
WO: Run 6 min,
Walk 1 min (4x)
CD: Walk 5 min

DAY 2

*Rest/Active
Recovery Walk*

DAY 3

(45 MIN TOTAL)
WU: Walk 5 min
WO: Run 6 min,
Walk 1 min (5x)
CD: Walk 5 min

DAY 4

*Rest/Active
Recovery Walk*

DAY 5

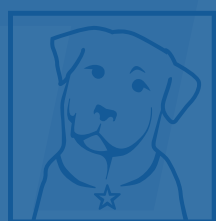
(42 MIN TOTAL)
WU: Walk 5 min
WO: Run 7 min,
Walk 1 min (4x)
CD: Walk 5 min

DAY 6

*Rest/Active
Recovery Walk*

DAY 7

(42 MIN TOTAL)
WU: Walk 5 min
WO: Run 7 min,
Walk 1 min (4x)
CD: Walk 5 min



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WEEK 4

WU = WARM UP
WO = WORK OUT
CD = COOL DOWN

DAY 1

(43 MIN TOTAL)
WU: Walk 5 min
WO: Run 10 min,
Walk 1 min (3x)
CD: Walk 5 min

DAY 2

*Rest/Active
Recovery Walk*

GLOBAL RUNNING DAY!

WU: Walk 5 min
WO: 3.1 miles -
all running; or
1 min walk/mile
CD: Walk 5 min

DAY 4

*Rest/Active
Recovery Walk*

DAY 5

(15 MIN TOTAL)
WU: Walk 5 min
WO: Run 5 min
CD: Walk 5 min

DAY 6

*Rest/Active
Recovery Walk*

DAY 7

(20 MIN TOTAL)
WU: Walk 5 min
WO: Run 10 min
CD: Walk 5 min