



Thank you for choosing the trailrunners 5km Intermediate CaniCross plan. If you can run 5k already and your dog is used to exercise and maybe has done some CaniCross before - then this plan is for you! This plan is also ideal for dogs that are used to CaniCrossing regularly but could improve on working in harness or for people looking to improve their running speed.

This plan has four sessions each week and we advise that you try to spread the training days out with a rest day between the high intensity sessions, so you and your dog have time to recover. If you can run your dog off lead and they are used to running longer distances, then we encourage you to take them with you on the long run.

The CaniCross sessions are short for a reason as they are designed to build up your dog's strength and fitness and to encourage them to pull into harness. You can incorporate these sessions into your usual daily walk for example, walk for 10 minutes first (allowing your dog to pee and poo), do 2 x 200m CaniCross and then walk for 10 minutes to give your dog a good warm down. If possible only have your dog in harness when they are doing the 'work' intervals so they associate the harness with pulling forward.

The plan is a good guide to safely and gradually build your dog's fitness to CaniCross 5k. However by using this plan you do it at your own risk and we advise that you check with your doctor that it is safe for you to exercise and that your dog is checked over by their veterinarian before participating in any CaniSports for the first time.

TRAINING TERMS

Free run - means running with your dog off lead or without restriction.

These sessions are usually slower paced and are aimed at improving the human's running fitness and conditioning so if it's not possible to run your dog off lead, we suggest you do this session without your dog. This will help to teach your dog that they only pull when in harness. If you build CaniCross up too quickly your dog will not have the levels of fitness needed and will be more likely to run by your side.

[CaniLek training](#) - a great fitness session which you can do with your dog.

This is essentially Fartlek training which is an easy paced run or walk with bursts of faster paced running and strength exercises. "Fartlek" (Swedish for speed (fart) & play (lek) is a well known form of continuous training such as fast walking or running with intermixed changes in speed, incline or terrain to provide a variety of exercise intensities. For example over the course of 30 minutes you might switch up and down between a random mix of walking, sprinting and jogging.

CaniLek (dog-play) uses the same training principles but over the course of 30 minutes you might switch between a random mix of walking with sprinting, strength exercises, jogging and fun activities for your dog. It's best done with your dog off lead so find a safe trail to exercise with them on.

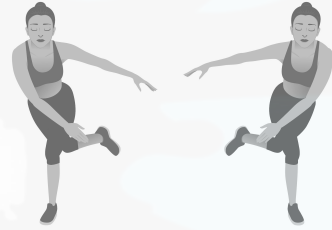
Start your trail with a fast walk for 5-10 minutes to warm up, then increase your pace to an easy jog. Every time your dog stops to sniff something, do strength exercises! When they start to walk again, continue to jog or walk. If you and your dog are feeling energetic, you can mix in some random bursts of fast paced running.

The goal is to keep your heart rate elevated for the whole duration and to vary the intensity of your workout. It's fantastic for developing your aerobic and anaerobic fitness as well as strength, speed and muscular endurance.

The most important goal though, is to have fun! It's an activity for both you and your dog so encourage your dog to explore their surroundings and to walk over different terrains to help improve their proprioception and physical conditioning. Try the exercises below or visit our [CaniCross Clinic Hub](#) for more ideas on strength exercises you can do during your CaniLek session and to improve your overall running conditioning.



Dips



Skater steps



Lunges



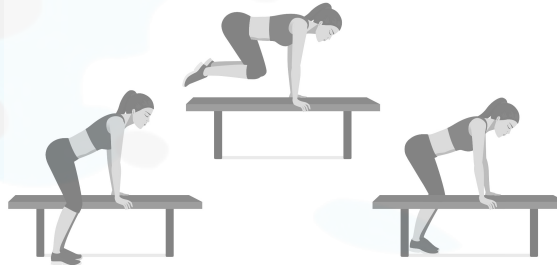
Squat jumps



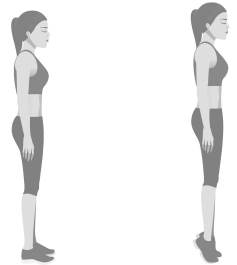
Side lunge



Standing superman



Bunny hops



Calf raises

IMPORTANT: Please check with your doctor that it is safe for you to exercise and please get your dog checked over by their veterinarian before participating in any CaniSports for the first time. Your dog must be 18+ months to participate in CaniSports. **Always warm up and cool down you and your dog appropriately.** For guidance please visit our [CaniCross Clinic Hub](#)>

You should never exercise your dog if it is too hot. As a rule of thumb, you can add the temperature (celsius) with the relative humidity to check. For example, 16°C x 88% humidity (16 x 88) = 1408. If this number is over 1000 you should not exercise your dog.

This is just a guide and some dogs are more affected by the heat than others so please use your own judgement on what is best for your dog. Heat exhaustion can be very serious and once your dog has suffered from it, they will be more susceptible to overheating in the future.

	Long run	CaniCross	CaniLek	CaniCross
Week 1	Warm up for 5 mins Run at a steady pace for 5k Cool down for 5 mins	Warm up for 10 mins CaniCross 2 x 200m with 30 secs rest between intervals Cool down for 10 mins	CaniLek for 30 mins Cool down for 5 mins	Warm up for 10 mins CaniCross 2 x 200m with 30 secs rest between intervals Cool down for 10 mins
Week 2	Warm up for 5 mins Run at a steady pace for 5k Cool down for 5 mins	Warm up for 10 mins CaniCross 2 x 400m with 30 secs rest between intervals Cool down for 10 mins	CaniLek for 30 mins Cool down for 5 mins	Warm up for 10 mins CaniCross 2 x 400m with 30 secs rest between intervals Cool down for 10 mins
Week 3	Warm up for 5 mins Run at a steady pace for 6k Cool down for 5 mins	Warm up for 10 mins CaniCross 1k continuously Cool down for 10 mins	CaniLek for 30 mins Cool down for 5 mins	Warm up for 10 mins CaniCross 1k continuously Cool down for 10 mins

	Long run	Canicross	Canilek	Canicross
Week 4	Warm up for 5 mins Run at a steady pace for 6k Cool down for 5 mins	Warm up for 10 mins Canicross 3 x 500m with 30 secs rest between intervals Cool down for 10 mins	Canilek for 30 mins Cool down for 5 mins	Warm up for 10 mins Canicross 3 x 500m with 30 secs rest between intervals Cool down for 10 mins
Week 5	Warm up for 5 mins Run at a steady pace for 7k Cool down for 5 mins	Warm up for 10 mins Canicross 2 x 1k with 30 secs rest between intervals Cool down for 10 mins	Canilek for 40 mins Cool down for 5 mins	Warm up for 10 mins Canicross 2 x 1k with 30 secs rest between intervals Cool down for 10 mins
Week 6	Warm up for 5 mins Run at a steady pace for 7k Cool down for 5 mins	Warm up for 10 mins Canicross 2k continuously Cool down for 10 mins	Canilek for 40 mins Cool down for 5 mins	Warm up for 10 mins Canicross 2k continuously Cool down for 10 mins
Week 7	Warm up for 5 mins Run at a steady pace for 8k Cool down for 5 mins	Warm up for 10 mins Canicross 3 x 1k with 30 secs rest between intervals Cool down for 10 mins	Canilek for 40 mins Cool down for 5 mins	Warm up for 10 mins Canicross 3 x 1k with 30 secs rest between intervals Cool down for 10 mins
Week 8	Warm up for 5 mins Run at a steady pace for 8k Cool down for 5 mins	Warm up for 10 mins 3k continuously Cool down for 10 mins	Canilek for 40 mins Cool down for 5 mins	Warm up for 10 mins Canicross 3k continuously Cool down for 10 mins

	Long run	CaniCross	CaniLek	CaniCross
Week 9	<p>Warm up for 5 mins</p> <p>Run at a steady pace for 9k</p> <p>Cool down for 5 mins</p>	<p>Warm up for 10 mins</p> <p>CaniCross 3 x 1k (30 secs rest between) followed by 2 x 500m (30 sec rest between)</p> <p>Cool down for 10 mins</p>	<p>CaniLek for 50 mins</p> <p>Cool down for 5 mins</p>	<p>Warm up for 10 mins</p> <p>CaniCross 3 x 1k (30 secs rest between) followed by 2 x 500m (30 sec rest between)</p> <p>Cool down for 10 mins</p>
Week 10	<p>Warm up for 5 mins</p> <p>Run at a steady pace for 9k</p> <p>Cool down for 5 mins</p>	<p>Warm up for 10 mins</p> <p>CaniCross 4 x 1k with 30 secs rest between intervals</p> <p>Cool down for 10 mins</p>	<p>CaniLek for 50 mins</p> <p>Cool down for 5 mins</p>	<p>Warm up for 10 mins</p> <p>CaniCross 2 x 2k with 30 secs rest between intervals</p> <p>Cool down for 10 mins</p>
Week 11	<p>Warm up for 5 mins</p> <p>Run at a steady pace for 10k</p> <p>Cool down for 5 mins</p>	<p>Warm up for 10 mins</p> <p>4k continuously</p> <p>Cool down for 10 mins</p>	<p>CaniLek for 50 mins</p> <p>Cool down for 5 mins</p>	<p>Warm up for 10 mins</p> <p>CaniCross 5 x 1k with 30 secs rest between intervals</p> <p>Cool down for 10 mins</p>
Week 12	<p>Warm up for 5 mins</p> <p>Run at a steady pace for 10k</p> <p>Cool down for 5 mins</p>	<p>Warm up for 10 mins</p> <p>CaniCross 2 x 2.5k with 1 min rest between intervals</p> <p>Cool down for 10 mins</p>	<p>CaniLek for 50 mins</p> <p>Cool down for 5 mins</p>	<p>Warm up for 10 mins</p> <p>5k continuously</p> <p>Cool down for 10 mins</p>

Congratulations on completing the trailrunners 5k Intermediate CaniCross plan!

We hope you and your furry companion have enjoyed hitting the trails together. For more training tips or to get a bespoke programme for you and your dog so you can keep progressing in the sport, please visit our [CaniCross Clinic Hub](#)>