

# TAIL WAG TO 5K

## ACTIVITY PACK



Suppawting



In conjunction with





# TAIL WAG TO 5K

The key to feeling good and staying healthy for both dogs and humans is exercise. It's been proven that having a healthy exercise routine can be easier to stick to when you have a friend to do it with. Well, there's no better friend than your dog! Walking and running with your dog can be a great way to build that special bond, as well as keeping each other mentally and physically fit.

That's why Burns Pet Nutrition and Dog Furiendly have teamed together to create a new exercise programme, sure to get your tails wagging. Think Couch to 5K, but with your pooch. To ensure the health of human and hound has been carefully considered throughout we've teamed up with human running experts at Run Wales and canicross experts at Pawrunner.

Over the next 10-12 weeks, our Tail Wag to 5K training plan will improve your stamina and overall level of fitness so that you can run a 5K with your pooch by your side! Not only will you transform your own health, but you'll also transform any couch potato pup into an experienced runner!



Official Partners 2021/22



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## Disclaimer

You accept that you are participating at your own risk and your own free will and that both you and your dog are physically able to participate. Please see the following pages to determine whether or not your dog is physically suitable for this activity.

You agree that by participating in the activity that you will take all necessary steps to ensure your safety and the welfare of your animal. Your animal should be kept in sight at all times and strapped via the appropriate equipment when necessary. You remain responsible for the actions of your animal.

Please note that the minimum age to participate in this activity is 18. Children aged between 14 and 18 can participate but must, at all times, be accompanied by an adult.

We shall not be held liable in connection with any accident, loss, damage or injury (including death) arising out of your or your animal's attendance or participation in Tail Wag to 5K.

# PREPERATION

Before we hit the ground running, you need to consider whether or not your dog is physically suited to long-distance running.

**PLEASE do not force your dog to run if they don't want to run.** Not all dogs are born to run and everyone is welcome to join the community whether your dog is a runner or cheerleader.

**Before you get started, here's a few things to consider:**

## **Check-up with the vet**

It's important to take your dog for a quick veterinary exam to make sure they're fit enough and free from pain or injuries. Dogs don't really know their limitations, and would probably run with you even if their hips were hurting. So get a quick check-up to make sure your dog is up to the physical demands of running with you.

## **Age**

If you have a puppy, avoid running until they're fully developed. This is important for bone, joint and muscle growth/development. Most will stop growing at 9 months, but it's best to double-check with your vet before you begin. Bigger breeds, for example, Labs, and Great Danes may not be fully grown until the age of 18 months!

## **Weight**

Is your pooch a little chubby? You may need to begin with a regular brisk walking program prior to the Tail Wag to 5K program. Start with a 15 minute brisk walk and increase to 30 minutes. Go to page 5 for more information on your dog's weight and body condition.

## **Type of breed**

Some breeds are not suitable for running, particularly short-nose breeds that are 'Brachycephalic' like Pugs, French Bulldogs and British Bulldogs. They often have poorly formed windpipes and narrow nostrils, meaning they're unable to take in enough oxygen during exercise. Many will also have breathing difficulties. Breeds crossed with a Brachycephalic breed (such as a Puggle, Pug cross Beagle) may have fewer breathing problems, but it's important to get your vet's advice.

## Size

It's important to keep your dogs size in mind. Smaller dogs for example may not be able to run at your pace, or for the same distance. For every step you take, their little legs are taking four times as many!

## Don't Push Your Dog

Do not push your dog to run if it's not suitable for them, or they are not comfortable with it. You could really injure your dog and that's the last thing we want for our furry friends!

## Human Health

While it's really important to make sure your pooch is in the right condition to run, it's also important to think about your own health before running too. If you haven't been active for a while, you may want to gradually build your fitness levels gently, and start off with a couple of brisk walks.

If you feel out of shape, or you're recovering from injury or worried about an existing condition, see a GP before you start running.

# WALK BEFORE YOU RUN...

If you've ever seen a dog running at full speed you'll know that they run MUCH faster than us humans. Not sure? YouTube 'Fenton' and look at him go!

What we don't want during Tail Wag To 5K is for your dog to run so far in front of you that they've practically run off. It's important to teach your dog some basic commands, such as 'heel', 'slow', 'this way', 'stop', so that you can feel both safe and in control. Make sure your dog is comfortable with these commands before starting the Tail Wag to 5K programme.

## How to teach 'heel' or 'close'?

Find a secluded place far from distractions. Let them take in the area through sniffing and going to the toilet. Get their attention and offer them a treat or a toy so they come to your side, using commands like 'heel' or 'close'. Once you've done this walk a few feet with the treat in front of their nose saying 'heel' or 'close'. Repeat a few times, with breaks in-between. Keep these training sessions short 10-15 minutes.

You'll also want to teach them to 'slow' or 'stop/stay' so they don't pull ahead while running, and 'this way' to share the direction you're running.



## DOES MY DOG NEED TO BE FIT TO DO THIS ACTIVITY?

As with humans, dogs don't need to be fit to start running. However, it's important to give them time to build fitness in a safe and enjoyable way. Asking too much of your dog too soon and you could potentially put your pooch off running for life.

Body conditioning is a system developed by vets to help you assess if your dog, is the correct weight. Just like people, dogs, come in all shapes and sizes, and it's more than your dog's weight that measures if your pooch is healthy. Just by looking at your dog's overall shape, and feeling the ribs and waist, you can get a much better idea of whether your dog is the ideal shape, whether they need to put weight on, or if they're carrying some extra weight.

If your dog is overweight or obese, then you may need to do the programme at a slower pace. Take 2 weeks training with regular brisk walks starting with 15 minutes brisk walking and increase to 30 minutes. Once your dog is comfortable, start the activity plan. This allows your dog time to build basic fitness and protective muscle.

Even if your dog seems to cope with the uptake in activity, continue to take it slow to allow their body plenty of time to get used to the exercise. Don't assume your dog can manage. Dogs aim to please, and will push forward to keep up and keep their owners happy. Your dog won't stop until the pain makes it impossible to continue. Unfortunately, at that point, the damage is already done. Please allow plenty of recovery time between workouts.

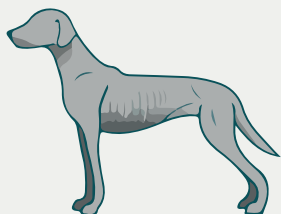
## WARM UP & COOL DOWN

We know how important it is to warm up our human muscles, but did you know it's just as important for your dog too? **Please do a 5 minute warm up** before your activity and a **5 minute cool down after the activity**.

To warm up use treats to circle your dog's head to left and right. Then give them a gentle 5 minute walk that starts slow and builds to a brisk walk. During this time, allow your pooch to go to the toilet, and to do some sniffing!

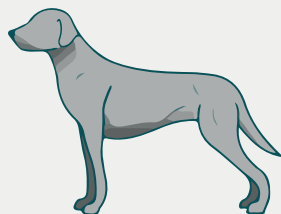
The cool down helps the both of you to breathe at the normal rate, prevent injury and muscle soreness. To do this, at the end of your activity slow down gradually by doing some gentle walking.

# BODY CONDITIONING



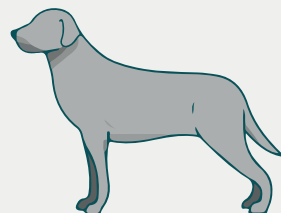
## Underweight

Bones (ribs, spine & hips) protruding and can be easily seen in a short coated dog. No body fat visible and waist very obvious. Dog almost looks 'sucked in' after the ribs. In very thin dogs, loss of muscle mass may be evident



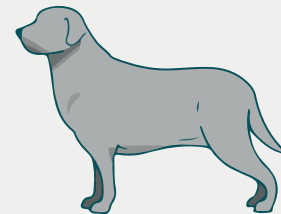
## Ideal

Bones (ribs, spine & hips) should be easily felt. In a short coated dog, the last couple of ribs may be visible when twisting and turning during normal play and exercise. A waist should be visible from above and the side (the body should 'tuck in' after the rib cage).



## Overweight

Dogs are classed as overweight if they weigh 10-20% more than their ideal body weight\*. Difficult to feel the ribs. Fat deposits are visible over the body including the belly and base of the tail. The waist is starting to disappear - minimal abdominal tuck after the ribs when looking from above. Back looks broader.



## Obese

Dogs are classed as obese if they weigh 20% more than their ideal body weight\*. Ribs cannot be felt due to heavy covering of fat. Fat deposits are visible over the spine and base of the tail. Fat rolls are visible around the neck and chest and the belly may be drooping. Waistline has been lost so when you look from above there is no abdominal tuck after the ribs.

# KEEPING SAFE

## Equipment

Before starting it's important to get good equipment for you and your dog. Please do not run with a lead attached to your dog's collar as an abrupt stop can be painful for them. We recommend a harness that is suitable for running. This will protect their spine and windpipe. This harness will need to:

- Fit comfortably on your dogs sterma so it doesn't effect their breathing
- Sit away from the shoulder blades so it doesn't restrict movement
- Sit on the last rib, if it sits behind the last rib, it will dig in.
- Fit comfortably underneath your dogs legs. If the straps are rubbing or to tight, this can be sore for your pooch!

## Exhaustion

Dogs will continue running past the point of exhaustion just to stay by your side. If your dog is looking glassy-eyed, foaming at the mouth, or holding their head or tail down - stop immediately.

## Avoid Tarmac and Roads

Avoid tarmac and roads as these surfaces can put a lot of stress on your dog's body and can put them at risk of injury to their legs and paws. If they start limping stop immediately and check for any cuts or other debris. Inspect their paws daily for injuries or dryness after a run, and soothe them with a paw balm.

## Hydration

Keep a bottle or collapsible bowl on hand to stay hydrated together. Signs of dehydration in dogs include excessive panting, lethargy, reduced appetite, sunken eyes, reduced skin elasticity. If you suspect that your dog is dehydrated, stop immediately.

## Choosing a Location

Stay away from locations close to main roads or areas with ditches, potholes or flooding. Invest in some hi-vis items or safety lights for activity taking place in dark mornings or evenings.

## Extreme Weather Conditions

As a rule of thumb, if it's warmer than 18°C, then it's too hot outside for your dog to run. Please don't force your dog to do activity in hot weather as there is a risk they may suffer from heatstroke or burn their paws. Try the 5 second test - if it's too hot for your hands, it's too hot for paws! Likewise, if it's icy or snowing outside, then you may both slip and injure yourself!



# WHAT ABOUT DIET?

A dog's diet is very important, especially if they are taking part in sports. What a dog eats will affect its overall health and areas such as joint health, heart health and the immune system. Essential nutrients such as protein will provide energy and support muscle repair, carbohydrates are an excellent source of energy and fats are also important, especially if your dog is regularly running long distances.

During a new exercise regime, some dogs can usually stay on their normal diet. The further you get in your training, the more likely it is that your dog will need an increase in calories to keep their energy levels up. If you increase calories, be sure to keep an eye on your dog's weight. An overweight dog will place more stress and strain on their joints and organs. Before you start, it is advisable to get your dog checked over by your vet, particularly if you have any concerns regarding their weight.

When taking part in Tail Wag to 5K, please feed your dog at least 1 hour before exercise, and ideally earlier than that to give them enough time to digest the food. We would recommend not feeding for 2 hours after. If you try to feed your dog too much, or too close to active exercise this can lead to risk of issues such as bloating. Hydration is also important, particularly in the warmer weather. A loss of just 7% of your dog's body water can lead to severe dehydration and 15% loss can be fatal. It is important to remember not to let them drink too much in one go however, make sure they rehydrate steadily rather than drinking too much, too fast.



A pioneering pet food brand founded by veterinary surgeon John Burns. Burns specialises in using simple, healthy and wholesome ingredients to create award-winning recipes that pets love. Burns Pet Nutrition is a pet food brand that makes a difference continuing to support shelters, charities and community projects across the UK.

Visit: [burnspet.co.uk](http://burnspet.co.uk)  /burnspet  @burnspetfood

**20% OFF ALL BURNS DOG  
FOOD CODE: TAILWAG20\***

\*Expires 1st May 2022

# ON YOUR BARKS...

**Before we run into the activity**, we'll be hosting two preparation weeks over on social media (23rd Jan - 6th Feb). This is to make sure all participants feel comfortable and confident before they start running with their dog.

During this week you can follow other participants, join us for weekly Q&A's with our partners, regular articles and motivational tips from runners and dog runners.

From the 7th Feb, we'll be doing the activity together, so you can find plenty of people who are taking part to inspire, motivate and even chat with!

## JOIN OUR STRAVA CLUB

Remember we're all in this together. Question is, can we collectively walk/run enough miles to go from the Scottish Highlands to London? Join our Strava club, to discover weekly content, to find group events, chat to other participants and to add your miles to our map.

Join the club here: [strava.com/clubs/tailwagto5k](https://strava.com/clubs/tailwagto5k)

## TRAINING LOG

It's easy to under or overestimate how far we've come when relying on memory alone. That's why we've created a free training log, so you can see the progress both you and your pooch made since week one. This will help you to reflect on your running or personal goals, both short-term and long-term, and your progress toward better health. You can record the date, distance, and time or pace of each run. Found on page 16 of this booklet or available to download here: [dogfriendly.com/tailwagto5k](https://dogfriendly.com/tailwagto5k)



## QUICK CHECKLIST

- Get a quick vet check-up to ensure your pooch is suitable for the activity
- Train your dog some basic commands like heel/close, slow or stop/stay
- Get the right running equipment for you (trainers) and your pooch (harness/lead)!
- Source a good location to run with your pooch. Walk the route so you feel comfortable.
- Sign up to Strava and join our running group (Details can be found [strava.com/clubs/tailwagto5k](https://strava.com/clubs/tailwagto5k))
- Finished the checklist? Take a selfie and tag us @dogfriendly @burnspet #tailwagto5k!

## GET SET...

Remember, we're in this together. Follow Dog Friendly and the partners involved on social media to get the full experience. We'll all be sharing motivational content as we go through the weeks!

 /dogfriendly  @dogfriendly

 /virtualpawrunner  @thepawrunner

 /burnspet  @burnspet

 /IRunWales  @runwales

# ...GO!

<b>ACTIVITY PLAN</b>			
Each session starts with a 5 min warm up and ends with a 5 min cool down.			
	Session 1	Session 2	Session 3
Week 1	Run (30 sec) Walk (3 min) Repeat 8 times	Run (1 min) Walk (3 min) Repeat 8 times	Run (1 min) Walk (3 min) Repeat 8 times
Week 2	Run (1 min 30 sec) Walk (2 min 30 sec) Repeat 8 times	Run (1 min 30 sec) Walk (2 min 30 sec) Repeat 8 times	Run (1 min 30 sec) Walk (2 min 30 sec) Repeat 8 times
Week 3	Run (2 min) Walk (2 min) Repeat 9 times	Run (2 min) Walk (2 min) Repeat 9 times	Run (2 min 30 sec) Walk (2 min) Repeat 9 times
Week 4	Run (3 min) Walk (2 min) Repeat 6 times	Run (3 min) Walk (2 min) Repeat 6 times	Run (3 min 30 sec) Walk (2 min) Repeat 6 times
Week 5	Run (4 min) Walk (2 min) Repeat 6 times	Run (4 min) Walk (2 min) Repeat 6 times	Run (4 min 30 sec) Walk (2 min) Repeat 6 times
Week 6	Run (5 min) Walk (1 min) Repeat 6 times	Run (5 min) Walk (1 min) Repeat 6 times	Run (5 min 30 sec) Walk (1 min) Repeat 6 times
Week 7	Run (6 min) Walk (1 min) Repeat 5 times	Run (6 min) Walk (1 min) Repeat 5 times	Run (6 min 30 sec) Walk (1 min) Repeat 5 times
Week 8	Run (7 min) Walk (1 min) Repeat 4 times	Run (7 min) Walk (1 min) Repeat 4 times	Run (7 min 30 sec) Walk (1 min) Repeat 4 times
Week 9	Run (8 min) Walk (1 min) Repeat 4 times	Run (8 min) Walk (1 min) Repeat 4 times	Run (8 min 30 sec) Walk (1 min) Repeat 4 times
Week 10	Run (9 min) Walk (1 min) Repeat 3 times	Run (5 min) Walk (1 min) Repeat 4 times	Run a 5K!

In conjunction with



## FAQ'S

### **Do I have to run on specific days?**

No. You can choose which 3 days suit you best. Rest days are critical to not only reduce your chance of injury but to make you a stronger, better runner.

### **Why are they noted in time and not distance?**

Running by distance to start can make a beginner runner feel pressure! This in turn can create bad running habits leading to burnout, injury and less enjoyment.

### **Is it okay to repeat a day or week?**

Yes! Both you and your dog need to take the activity at your own pace. If there is a particular week or day that was too challenging, then listen to your body and repeat the day or week before progressing to the next. Remember to be patient with yourself as well as your dog - you're learning together.

### **How do I do the activity with my dog?**

After your warm up, get your dog to heel. When you're ready, choose a command such as 'Start' or 'Go' to tell your dog that you're both going to run! If they run too fast, tell them to stop. Bring them back to your side, walk a little and try again. Start slow and build your pace together. Once your dog knows to stay by your side, jog for 20-30 seconds, then tell them to 'slow' and 'stop'. Once they've stopped, give them a treat and lots of praise!

### **Can I complete the 5K if my dog is injured or poorly?**

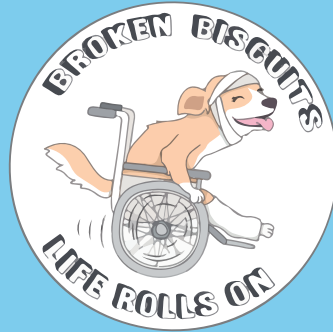
Don't force your dog to run if they're not feeling very well or if they're injured. You can still do the weekly activity with or without your dog.



## FIND NEW PLACES TO RUN OR GRAB A CUPPA WITH YOUR PUPPA

Find dog friendly places on the go with Dog Furiendly's FREE app. Visit [dogfuriendly.com/app](https://dogfuriendly.com/app)





## RUN FOR A CAUSE RAISE MONEY FOR DOGS IN NEED

**Broken Biscuits** is a disabled animal advocacy organisation, seeking to remove barriers to these animals pursuing active and healthy lives. Just like with disabled humans, a life changing injury or illness need not be a life ending one. They work to promote the many options available to treat and rehabilitate injured animals and restore their mobility so that they can return to active lives.

Make your experience count by raising money for a great cause. Why not consider picking a local 5K race to aim for while raising awareness and money for this tail-wagging charity? One of the ways you can do this is by setting up a Just Giving page, or a donation page on Facebook and inviting your friends and family for support! Or you can use the fundraising form at the back of the booklet.

**USING OUR HEELS  
TO HELP DOGS  
WITH WHEELS**

## FUNDRAISE USING FACEBOOK!

1. Create an account and visit [facebook.com/fundraisers](https://facebook.com/fundraisers)
2. Tap the button "+ Raise Money"
3. Click Charity and **search for Broken Biscuits**
4. Fill in your fundraising target, the date the fundraiser and a story about your Tail Wag to 5K journey.
5. Click 'Create' and share your fundraiser with family and friends!
6. Tag Dog Furiendly and Burns Pet Nutrition in your posts and use the #tailwagto5k.

**DON'T FORGET TO SHARE YOUR FUNDRAISING TOTAL SO WE CAN ADD IT TO OUR TAIL-WAGGING TOTAL!**



# TOP DOG TRAINING LOG



	Date	Location	Distance	Time/Pace
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				



	Date	Location	Distance	Time/Pace
Week 8				
Week 9				
Week 10				



Name:

Age:

Weight Wk 1:

Weight Wk 10:

What training commands do they know?



# PLEASE HELP ME RAISE FUNDS

Full Name	House No/Name	Postcode	Date	Donation	Gift Aid?

Broken Biscuits can claim an extra 25p for every £1 donated and it doesn't cost a penny. Tick 'Gift Aid' to enable them to claim Gift Aid on your donation. By ticking Gift Aid you agree that you are a UK Income or Capital Gains Tax Payer. If you pay less Income Tax or Capital Gains in the current tax year than the amount of gift aid claimed on your donations it is your responsibility to pay the difference.

**USING OUR HEELS  
TO HELP DOGS  
WITH WHEELS**