

**GETTING YOUR DOG**  
to run alongside you  
may require a lot of  
training, and be  
aware of running  
at a pace suited  
to your dog.

  
**Vets Advice**

*Once you and your dog are able to walk briskly for 20-30 minutes without tiring, you can work up to a jog.*

# jogging

**SWAP A 45-MINUTE SLOW JOG  
FOR A 25-MINUTE interval session**  
to super charge your **metabolism**  
and your *fitness levels*.

**600**  
**calories**  
burnt per hour

Doing intervals basically means alternating between short periods of hard work and short recovery periods during your session. As well as increasing the amount of calories you'll burn during the workout, doing intervals will also help you burn more calories afterwards. A study done at the University of Dallas, US, found that metabolic rate was raised for 15 hours after an interval session, compared with two to three hours after a normal gym session. Plus intervals will help you get fitter and faster at jogging. To introduce intervals into your jog, simply intersperse faster bursts of running with more moderate recovery periods, which allow you to get your breath back. For example, after you've warmed up, try alternating one minute at a faster pace with 90 seconds at a slower pace to recover, and repeat five times, working up to ten times as you get fitter.

**45**  
minutes  
once  
a week

paw o'meter

