



**CHASING THE TRI HOUND CROWN:
OFFICIAL STEEPLECHASE STAMPEDE
10 WEEK TRAINING PLAN**



DEVELOPED BY LUCKY FOX COACHING IN PARTNERSHIP WITH NORTH AMERICAN CANICROSS

Get Race-Ready for the Tri-Hound Crown!

This comprehensive 10-week training plan, presented by Lucky Fox Coaching, is designed to help you and your canine teammate prepare for the North American Canicross Tri-Hound Crown Challenge. Whether you're new to the sport or pushing for peak performance, this plan provides structured guidance to build strength, endurance, and confidence.

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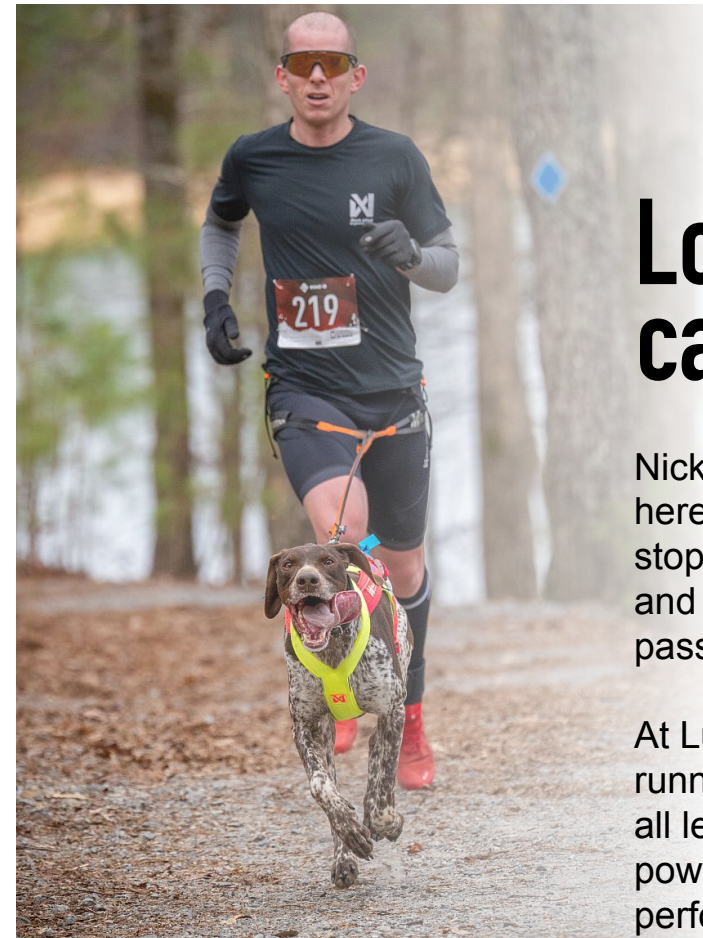
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GET RACE DAY READY WITH LUCKY FOX COACHING!



*“Champions are made,
not born.”*

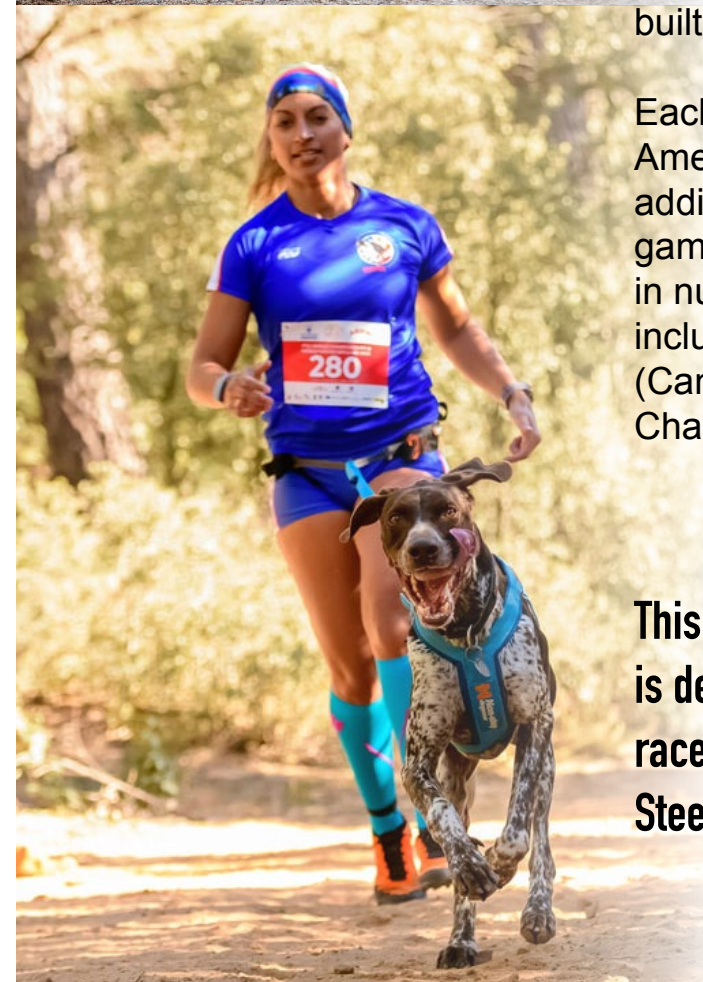
LUCKY FOX COACHING



Looking to crush your canicross goals?

Nick and Joy Weis of Lucky Fox Coaching are here to help! Nick is a proud member of the Non-stop dogwear International Elite CaniX Team, and together they bring years of experience and passion for the sport.

At Lucky Fox Coaching, they offer personalized running and canicross coaching for athletes of all levels. Whether you're brand new to dog-powered sports or looking to improve your performance, their customized training plans are built around your goals.



Each coach is RRCA (Road Runners Club of America) certified and continually pursues additional education to stay at the top of their game. Since 2014, Nick and Joy have competed in numerous local 5Ks and canicross races, including the Bristol Dryland Championships (Canada) and the IFSS and ICF World Championships.

<http://www.luckyfoxracing.com/>

This comprehensive canicross training program is designed to get you started confidently and race-day ready for North American Canicross' Steeplechase Stampede!

YOUR CANICROSS JOURNEY STARTS HERE:

Foundations First: Training Notes for a Safe Start for New Canicross Runners

Be mindful of the heat. Train early, bring water, stay hydrated.

It is okay to walk! If you need or want to run/walk the mileage, that is great too. If you are doing run/walk intervals, here's a good way to start to build up :

| Interval | Run Time | Walk Time |
|----------|------------|------------|
| 1 | 60 seconds | 2 minutes |
| 2 | 60 seconds | 90 seconds |
| 3 | 60 seconds | 60 seconds |
| 4 | 90 seconds | 2 minutes |
| 5 | 90 seconds | 90 seconds |
| 6 | 90 seconds | 60 seconds |
| 7 | 90 seconds | 30 seconds |

Integrating Strength & Conditioning into Your Run Plan

The strength workouts are fairly short, and not overly intense. The goal with them is to help build strength in areas that will help you with the event. If you are already strength training and have a regimen you like, feel free to continue that and add these in if possible. These are scheduled on Friday. If you are at a place where you'd like to complete them 2x per week, you can add them again on Sunday or Monday.

Cross training is a great way to build your endurance while staying off your feet and allowing your body to recover a bit. Swimming is a great option if you have access to a pool or safe open water space. You don't need to go super hard on these days, but do enough to keep your heart rate up.

Rest Smart: Recovery Strategies for Runners

Rest/Recovery Days: These are very important! If you need to take a full rest day, **do it**. If you'd like to have an active recovery day, go for a short walk, or take a low impact class like yoga. This is a great day to take your pup out for a stroll. Basically, nothing high impact and keep it short. This is also a good day to schedule a massage.

Focus on nutrition: eating well and hydrating well will help make your training easier! Focus on nutrient dense, whole foods. Protein intake is crucial, and do not skip carbs. Add electrolytes to your water if you find yourself getting headaches in the morning or feeling extra dehydrated. Don't use them all the time though – your body needs plain water to keep the system running well.

Sleep! Aim for 6.5-8 hours of quality sleep per night. Sleep is the body's best recovery tool.

Your Dog's Training Journey: Canine Conditioning & Key Considerations

This plan is designed for you, the human athlete. When it comes to your dog, please be mindful of summer temperatures. On hotter days, consider having them join you only for easy runs or a portion of your longer weekend mileage, especially as conditions begin to cool. **Always prioritize your dog's safety and well-being during training.**

Tips for keeping your dog cool

- Train early in the day
- Avoid paved surfaces/use trail and be sure to check paw pads
- Bring water and stop for drink breaks
- Stop for swim breaks
- Utilize the dew/wet grass to cool your pup
- Be sure your pup has a space to cool down post run

You want your dog to be well conditioned for the event, so it's great to utilize options like hiking and swimming as well especially while it's warmer. As it cools down and they can safely run, you can have them join you more frequently. Feel free to take them with you on the walk on the strength training days, too!

If you do agility work or enrichment activities with your dog, keep those up! This is a great way to keep them engaged and working with you even if you can't run.

Be sure to check the race rules to ensure you have the proper gear and practice with that gear.

If there is a NACC group or you have a training group in your area, get connected! This is good chance to work on passing, commands, and just socialization in general.


Remember, you know your dog best. Just because someone else is going further or faster doesn't mean that's right for you and your pup. Their safety comes first.

YOUR GUIDE TO RACE DAY SUCCESS

Preparing well for race day can make all the difference in your performance and enjoyment. From warming up properly to fueling your body and caring for your dog, these simple steps help ensure you're ready to run strong and finish happy. Follow these essential tips to set yourself up for success before, during, and after the race!

- **Make sure you warm up!** Go for a walk/jog. Once you complete this, work through some stretches.
- **Fuel and Hydrate!** In the days leading up to the race, focus on making sure you get carbs in your system and drink plenty of water. Add electrolytes if needed
- **Pack Accordingly!** Make sure you have water or anything you want for your dog on the trail.
- **Don't wear anything new!** Race day isn't the time for new clothes or new shoes. Make sure you have everything broken in well.
- **Cool down!** After your race, go for a short jog or at least a walk. This will help you recover.

READDY?! LET'S GO!



DISCLAIMER: The training plans and guidance provided are for informational purposes only and do not guarantee specific results. Participation in any physical activity, including running and canicross training, carries inherent risks. By following this plan, you acknowledge and accept these risks. Neither the coaches, trainers, nor the organization are liable for any injury, loss, or damages that may occur during training or as a result of using these materials. It is your responsibility to consult with a healthcare professional or veterinarian before beginning any new training program for yourself or your dog.

TRAIN HARD, RUN STRONG: WORKOUTS TO POWER YOUR PERFORMANCE

The strength workouts included are short and moderately challenging, designed to build key muscle groups that support your performance in the event. If you already have a strength training routine you enjoy, feel free to stick with it and incorporate these sessions as they fit. These workouts are scheduled for Fridays, but if you're ready to add a second session, consider repeating one on Sunday or Monday.

Strength Training 1 : Bodyweight Focus

If you'd like to use weights, go ahead! **Focus on form.**

Complete each exercise before moving on to the next. For example, do 3 sets of 10 squats, resting 30 seconds between sets. After finishing squats, take a 60-second break before starting lunges.

| Exercise | Sets x Reps / Duration |
|----------------|------------------------|
| Air Squats | 3 x 10 |
| Walking Lunges | 3 x 10 each side |
| Glute Bridge | 3 x 15 each side |
| Forearm Plank | 3 x 30 seconds |
| Push-Ups | 3 x 10 |

Strength Training 2: Effective Workouts with Minimal Equipment

Complete each exercise before moving on to the next. For example, perform 3 sets of 10 bicep curls, resting 30 seconds between sets. After finishing, take a 60-second break before starting overhead presses.

| Exercise | Sets x Reps | Tip |
|-------------------------|-------------|---|
| Bicep Curls | 3 x 10 | Don't swing. Use your biceps and not your body to move the weight. |
| Overhead Press | 3 x 10 | - |
| Lateral Raises | 3 x 10 | Arms are slightly to the front, not directly to your sides. |
| Underhand Dumbbell Row | 3 x 10 | Palms face forward, elbows pull back, hands end up near your hips. |
| High Plank to Low Plank | 3 x 10 | Focus on not swaying side to side when you go from high to low and back. |
| Push-Ups | 3 x 10 | If you need to start on your knees, that's okay! Try to increase full push-ups each time. |

Strength Training 3: Effective Workouts with Minimal Equipment

Complete all sets of each exercise before moving on to the next. For example, do 3 sets of 10 squats, resting 30 seconds between each set. After finishing squats, take a 60-second break before starting lunges.

| Exercise | Sets x Reps | Tip |
|-------------------------|------------------|---|
| Weighted Squats | 3 x 10 | - |
| Weighted Lunges | 3 x 10 | - |
| Weighted Sumo Squats | 3 x 10 | Slightly wider stance; toes point slightly out. Too far turns it into a plié. |
| Single Leg Glute Bridge | 3 x 15 each side | Add a band for more of a challenge. |
| Forearm Plank | 3 x 45 sec | - |
| Push-Ups | 3 x 15 | If you need to start on your knees, that's okay! Try to increase full push-ups each time. |

FUNCTIONAL TRAINING: WORKOUTS TO BUILD STRENGTH, STABILITY & MOBILITY

Cross-training is an excellent way to build endurance while giving your joints a break and allowing your body to recover. Swimming is a great option if you have access to a pool or safe open water, but any low-impact activity that keeps your heart rate up will do. These sessions don't need to be intense, just consistent. Functional training workouts are also ideal to complete on your cross-training days. You don't have to do them at the same time; feel free to fit them in whenever it works best for you! Prioritizing this work is key, as it helps improve movement quality and reduce the risk of injury.

Functional Training 1 : Balance Work

| Exercise | Sets x Reps | Tip |
|---------------------------|------------------|--|
| Ankle ABCs | 2x each side | Do these seated. As you get stronger, try standing and balancing while drawing the alphabet. |
| Banded Donkey Kick | 3 x 10 each side | Don't lean - engage your core and drive the leg back and up. |
| Wall Sit | 3 x 30 sec | For an added challenge, hold a weight out in front or overhead. |
| Single Leg Standing Squat | - | Use something for balance if needed. |
| Superman Isometric Hold | 3 x 15 sec | Remember to breathe. |



| Exercise | Sets x Reps | Tip |
|-------------------------------|------------------|---|
| Step Ups | 3 x 10 each side | Use a box if you have one. If not, a stair or step is okay. |
| Plank Knee to Nose | 3 x 15 each side | Start in high plank. |
| Bulgarian Split Squat | 3 x 10 each side | Focus on stability. |
| Standing Banded Hip Abduction | 3 x 10 each side | Use a chair or wall for balance, but don't lean to the opposite side. |
| Standing High Knees | 3 x 10 each side | You don't have to jump. Focus on height and driving the knee upward. |

CHASE THE CROWN: THE 10 WEEK TRAINING PLAN

This 10-week training plan is designed to help you and your canine teammate build endurance and confidence to complete the North American Canicross Tri-Hound Crown Challenge. Whether you're chasing your first Sprint or aiming to crush all three distances, this plan will guide your journey step by step. As you train through the summer, please be mindful of the heat—run early, hydrate often, and prioritize your dog's safety every step of the way.

WEEK 1

- **Monday:** 3 easy miles
- **Tuesday:** Rest/Recovery Day
- **Wednesday:** Cross Training: Bike or Swim 30-45 min
- **Thursday:** 3 miles (work on starting off a bit slower and gradually increasing your pace)
- **Friday:** Strength Train 1 + 30 min walk
- **Saturday:** 3 miles
- **Sunday:** Hike/Swim/Activity With Dog

WEEK 2

- **Monday:** 3 easy miles
- **Tuesday:** Rest/Recovery Day
- **Wednesday:** Cross Training: Bike or Swim 30-45 min + Functional Train 1
- **Thursday:** 3 miles (work on starting off a bit slower and gradually increasing your pace)
- **Friday:** Strength Train 2 + 30 min walk
- **Saturday:** 4 miles
- **Sunday:** Hike/Swim/Activity With Dog

WEEK 3

- **Monday:** 3 easy miles
- **Tuesday:** Rest/Recovery Day
- **Wednesday:** Cross Training: Bike or Swim 30-45 min + Functional Train 2
- **Thursday:** 3 miles (work on starting off a bit slower and gradually increasing your pace)
- **Friday:** Strength Train 3 + 30 min walk
- **Saturday:** 5 miles
- **Sunday:** Hike/Swim/Activity With Dog

WEEK 4

- **Monday:** 4 easy miles
- **Tuesday:** Rest/Recovery Day
- **Wednesday:** Cross Training: Bike or Swim 45-60 min + Functional Train 1
- **Thursday:** 3 miles (work on starting off a bit slower and gradually increasing your pace)
- **Friday:** Strength Train 1 + 30 min walk
- **Saturday:** 6 miles
- **Sunday:** Hike/Swim/Activity With Dog

WEEK 5

- **Monday:** 4 easy miles
- **Tuesday:** Rest/Recovery Day
- **Wednesday:** Cross Training: Bike or Swim 45-60 min + Functional Train 2
- **Thursday:** 4 miles (work on starting off a bit slower and gradually increasing your pace)
- **Friday:** Strength Train 2 + 30 min walk
- **Saturday:** 6 miles
- **Sunday:** Hike/Swim/Activity With Dog

WEEK 6

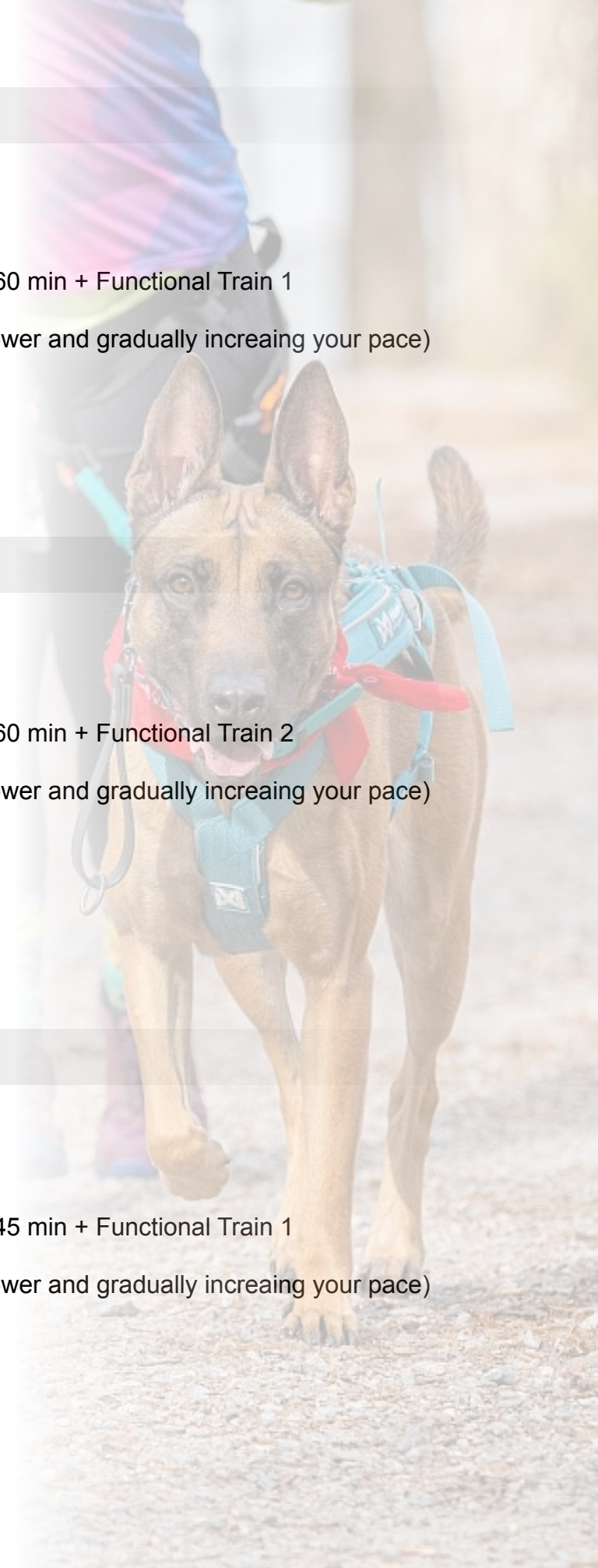
- **Monday:** 4 easy miles
- **Tuesday:** Rest/Recovery Day
- **Wednesday:** Cross Training: Bike or Swim 45-60 min + Functional Train 1
- **Thursday:** 4 miles (work on starting off a bit slower and gradually increasing your pace)
- **Friday:** Strength Train 3 + 30 min walk
- **Saturday:** 8 miles
- **Sunday:** Hike/Swim/Activity With Dog

WEEK 7

- **Monday:** 5 easy miles
- **Tuesday:** Rest/Recovery Day
- **Wednesday:** Cross Training: Bike or Swim 45-60 min + Functional Train 2
- **Thursday:** 5 miles (work on starting off a bit slower and gradually increasing your pace)
- **Friday:** Strength Train 1 + 30 min walk
- **Saturday:** 10 miles
- **Sunday:** Hike/Swim/Activity With Dog

WEEK 8

- **Monday:** 5 easy miles
- **Tuesday:** Rest/Recovery Day
- **Wednesday:** Cross Training: Bike or Swim 30-45 min + Functional Train 1
- **Thursday:** 5 miles (work on starting off a bit slower and gradually increasing your pace)
- **Friday:** Strength Train 2 + 30 min walk
- **Saturday:** 8 miles
- **Sunday:** Hike/Swim/Activity With Dog



WEEK 9

- **Monday:** 4 easy miles
- **Tuesday:** Rest/Recovery Day
- **Wednesday:** Cross Training: Bike or Swim 30-45 min + Functional Train 2
- **Thursday:** 4 miles (work on starting off a bit slower and gradually increasing your pace)
- **Friday:** Strength Train 3 + 30 min walk
- **Saturday:** 6 miles
- **Sunday:** Hike/Swim/Activity With Dog

WEEK 10

- **Monday:** 4 easy miles
- **Tuesday:** Strength Training 3 + 30 min walk
- **Wednesday:** Cross Training: Bike or Swim 30-45 min
- **Thursday:** 3 easy miles
- **Friday:** Full Rest Day
- **Saturday:** 3 mile easy run
- **Sunday:**

RACE DAY!

Race Day is October 5th at the [Georiga International Horse Park!](#)
Register Today for [NACC's Steeplechase Stampede!](#)

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THANK YOU FOR TRUSTING US TO BE PART OF YOUR TRAINING JOURNEY!

Final thoughts from our Coaches:

We wish you the very best in your training and on race day! If you have any questions along the way, please don't hesitate to reach out—we're here to help and cheer you on.

If you're ever interested in joining the **Lucky Fox Coaching** team, we'd love the chance to connect. Most importantly, we hope you enjoy every step of this adventure with your dog. Please visit: <http://www.luckyfoxracing.com/coaching.html>



Interested in Giving Back?

If you've found value in this training plan and would like to pay it forward, please consider contributing to the **Friends of Oso Foundation** — a registered 501(c)(3) nonprofit organization created by Lucky Fox Coaching.

Founded in memory of the incredible rescue husky, Oso, this foundation exists to assist northern breed rescue organizations and help more dogs like Oso find unconditional love, safety, health, and happiness. Your support helps continue this mission and makes a lasting difference in the lives of our four-legged friends.

To learn more or make a donation, please visit: <https://friendsofoso.com/>

HAPPY RUNNING!

-Nick and Joy Weis



