



Sustained and Continuous Walking

- 50 - 200 feet at a time.
- Break up with sniffing and noodling around.
- Formal heeling/leash walking training limited to 2 minutes.

Sniff 'N Stroll

- Informal "sniff and stroll" sessions can be up to about 10-15 minutes.

Noodling and Kibble Trails

- Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.

Running

- No directed running except for very short spurts in play.
- Puppy can run as much as he likes on his own.

Jumping and Impact Activities



- Bars on the ground to halfway to wrist height.
- No more than one or two obstacles in a row.
- Wobble boards and unstable surfaces, but very low.
- Carpet all indoor stairs and never allow puppy to go up and down stairs unsupervised.
- Put up gates at top/bottom of stairs.
- Carry puppy if he needs to do more than one or two stair steps.

Swimming

- Puppy should ALWAYS wear a life jacket.
- Wading and playing on the shoreline.
- Climbing on and off low platforms and rafts in shallow water.
- Retrieves/tossing toys in shallow water parallel to shoreline, never into deep water.
- Puppies should be allowed to swim if they volunteer to do so, but never forced.

Chasing

- Roll balls and drag toys on the ground in gentle circles.

Tugging

- Keep the toy low so the puppy's neck is in a straight line.
- Don't pull on the toy - allow the puppy to tug against you.

Fast Turns

- No FAST turns or sudden stops.
- No fast weaves or lure coursing.
- We do begin SLOW shaping of weave poles but discontinue if the puppy shows any signs of speeding up or really "weaving" through the poles.

Free Play with Other Dogs

- 10 - 15 minutes for formal "play dates."
- Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults).
- Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play.
- You may have to enforce rest periods by putting puppy away for naps.

Sustained and Continuous Walking

- Gradually increase duration and length of walks, between 100-200 feet by the time the puppy is 16 weeks old.
- Let the puppy volunteer to keep going and stop if he shows reluctance to go further.
- Keep formal training under 2 minutes per session.

Sniff 'N Stroll

- Can be increased to 15-20 minutes.

Noodling and Kibble Trails

- Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.

Running

- No directed running except for very short spurts in play.
- Puppy can run as much as he likes on his own.

Jumping and Impact Activities

- Bars on the ground to halfway to wrist height.
- No more than one or two obstacles in a row.
- Wobble boards and unstable surfaces, but very low.
- Carpet all indoor stairs. Don't let puppy go up or down stairs unsupervised.
- Put up gates at top/bottom of stairs.
- Consider carrying puppy if he needs to do more than one or two stair steps.

Swimming

- Puppy should ALWAYS wear a life jacket.
- Wading and playing on the shoreline.
- Climbing on and off low platforms and rafts in shallow water.
- Retrieves/tossing toys in shallow water parallel to shoreline, never into deep water.
- Puppies should be allowed to swim if they volunteer to do so, but never forced.



Chasing

- Roll balls and drag toys on the ground in gentle circles.

Tugging

- Keep the toy low so the puppy's neck is in a straight line.
- Don't pull on the toy - allow the puppy to tug against you.

Fast Turns

- No FAST turns or sudden stops.
- No fast weaves or lure coursing.
- We do begin SLOW shaping of weave poles but discontinue if the puppy shows any signs of speeding up or really "weaving" through the poles.

Free Play with Other Dogs

- 10 -15 minutes for formal "play dates."
- Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults).
- Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play.
- You may have to enforce rest periods by putting puppy away for naps.

Sustained and Continuous Walking

- Gradually increase duration and length of walks. Probably going to be between 200-400 feet at a time by the time the puppy is 6 months old.
- Let the puppy volunteer to keep going and stop if he shows reluctance to go further.
- Keep formal training under 2 minutes per session.

Sniff 'N Stroll

- Can be increased to as much as 45 minutes by the time the puppy is 6 months old, provided you are moving at a very slow pace with lots of opportunity for the puppy to stop and noodle around.

Noodling and Kibble Trails

- Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.



Running

- No directed running except for very short spurts in play.
- Puppy can run as much as he likes on his own.

Jumping and Impact Activities

- Bars on the ground to halfway to wrist height.
- No more than one or two obstacles in a row.
- Wobble boards and unstable surfaces, but very low.
- Carpet all indoor stairs and never allow puppy to go up and down stairs unsupervised.
- Put up gates at top/bottom of stairs.
- Consider carrying puppy if he needs to do more than one or two stair steps.

Swimming

- Puppy should ALWAYS wear a life jacket.
- Wading and playing on the shoreline.
- Climbing on and off low platforms and rafts in shallow water.
- Retrieves/tossing toys in shallow water parallel to shoreline, never into deep water.
- Puppies should be allowed to swim if they volunteer to do so, but never forced.

Chasing

- Roll balls and drag toys on the ground in gentle circles.

Tugging

- Keep the toy low so the puppy's neck is in a straight line.
- Don't pull on the toy - allow the puppy to tug against you.

Fast Turns

- No FAST turns or sudden stops.
- No fast weaves or lure coursing.
- We do begin SLOW shaping of weave poles but discontinue if the puppy shows any signs of speeding up or really "weaving" through the poles.

Free Play with Other Dogs

- Up to 20 minutes for formal "play dates."
- Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults).
- Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play.
- You may have to enforce rest periods by putting puppy away for naps.

Sustained and Continuous Walking

- Walks on pavement should be kept short, but duration of walks on dirt or turf can be increased and more “hiking” type activities can be introduced.
- Again, best to keep doing these walks as “sniff and strolls” but you can increase sustained walking to up to 20-30 minutes on a relatively level, soft surface by the time the puppy is a year old IF the puppy volunteers to go that far.

Sniff ‘N Stroll

- Can be increased to as much as 60 minutes by the time the puppy is 12 months old, provided you are moving at a very slow pace with lots of opportunity for the puppy to stop and noodle around.

Noodling and Kibble Trails

- Puppy can go out in a safe yard and explore at his own pace or do a “Kibble Trail” as long as he likes.

Running

- No directed running except for very short spurts in play.
- Puppy can run as much as he likes on his own.

Jumping and Impact Activities



Swimming

- Jumps can be gradually raised half way to elbow height between 6 and 12 months old, with correspondingly more challenging ramps, wobble boards, and teeters.
- Platform work for rear end awareness can be introduced at this time very carefully and slowly.
- This is also the time when we see the most spiral fractures happen because the puppies have the wherewithal to get up on high couches and beds - be extra vigilant about not letting puppies up on high furniture without very close supervision!
- Stairs are always a hazard and should have good traction - carpet indoors, non-skid surface outdoors.
- Although the puppy may start doing stairs with good traction at this time, you should still supervise and don't let him run down the stairs with other dogs.
- Puppy should ALWAYS wear a life jacket.
- Wading and playing on the shoreline.
- Climbing on and off low platforms and rafts in shallow water.
- Retrieves/tossing toys in shallow water parallel to shoreline, never into deep water.
- Puppies should be allowed to swim if they volunteer to do so. Limit swimming to a few minutes at a time.
- Very short swim out to retrieves in the water.
- Keep the toy close to shore. High toy-drive dogs will swim further after a thrown toy than they can or should.

Chasing

- Roll balls and drag toys on the ground in gentle circles.

Tugging

- Keep the toy low so the puppy's neck is in a straight line.
- Don't pull on the toy - allow the puppy to tug against you.

Fast Turns

- No FAST turns or sudden stops.
- No fast weaves or lure coursing.
- We do begin SLOW shaping of weave poles but discontinue if the puppy shows any signs of speeding up or really “weaving” through the poles.

Free Play with Other Dogs

- Up to 20 minutes for formal “play dates.”
- Your puppy's increased body mass can make him more liable to injury if he engages in body-slamming play or a lot of fast sprints and turns.
- Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play.
- Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults).
- You may have to enforce rest periods by putting puppy away for naps.

Sustained and Continuous Walking

- Walks on pavement should be kept short, but duration of walks on dirt or turf can be increased and more “hiking” type activities can be introduced.
- Again, best to keep doing these walks as “sniff and strolls” but you can increase sustained walking to up to 20-30 minutes on a relatively level, soft surface by the time the puppy is a year old IF the puppy volunteers to go that far.

Sniff ‘N Stroll

- OK to do 60 minutes provided you are moving at a very slow pace with lots of opportunity for the puppy to stop and noodle around.

Noodling and Kibble Trails

- Puppy can go out in a safe yard and explore at his own pace or do a “Kibble Trail” as long as he likes.

Running

- No directed running except for very short spurts in play.
- Puppy can run as much as he likes on his own.

Jumping and Impact Activities

- The height can be changed to elbow height between 12-18 months with correspondingly more challenging ramps, wobble boards, and teeters.
- Platform work for rear end awareness can be continued at this time.
- This is also the time when we see the most spiral fractures happen because the puppies have the wherewithal to get up on high couches and beds - be extra vigilant about not letting puppies up on high furniture without very close supervision!
- Stairs are always a hazard and should have good traction - carpet indoors, non-skid surface outdoors.
- Although the puppy may continue doing stairs with good traction at this time, you should still supervise and don’t let him run down the stairs with other dogs.

Swimming

- Puppy should ALWAYS wear a life jacket.
- Wading and playing on the shoreline.
- Climbing on and off low platforms and rafts in shallow water.
- Retrieves/tossing toys in shallow water parallel to shoreline, never into deep water.
- Puppies should be allowed to swim if they volunteer to do so. Limit swimming to a few minutes at a time.
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Chasing

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Tugging

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Fast Turns

- No FAST turns or sudden stops.
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Free Play with Other Dogs

- Up to 20 minutes for formal “play dates.”
- Your puppy’s increased body mass can make him more liable to injury if he engages in body-slammng play or a lot of fast sprints and turns.
- Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play.
- Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults).
- You may have to enforce rest periods by putting puppy away for naps.



Sustained and Continuous Walking

- Hikes and walks can be gradually increased to as long and as rigorous as you and your dog both like, but remember that a dog's soft tissue is still maturing through about three years old. Increases should be gradual and you should back off if your dog appears tired or reluctant.

Sniff 'N Stroll

- Sniff and strolls can be gradually replaced with more sustained "walks" but remember that sniffing is the primary way dogs relate to the world, so be a sport and continue to give your dog an opportunity to stop and sniff from time to time.

Noodling and Kibble Trails

- Your dog can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.

Running

- Running and endurance training can gradually be introduced at this time.

Jumping and Impact Activities

- Gradually raise jumps and contact obstacles to full competition height between 18-24 months old.
- Stairs are always a hazard and should have good traction - carpet indoors, non-skid surface outdoors.

Swimming

- Competition swimming behaviors can be introduced and dog can swim for as long as he volunteers to.
- Life jackets are always a must.

Chasing

- Gauge your play style by your dog's common sense. If you throw a ball and your dog tumbles head over heels to get it, don't throw the ball - roll or lob it.

Tugging

- You can start to hold the tug toy higher but generally it's best to let the dog tug on the toy rather than you pulling on it.

Fast Turns

- Full weave pole training and other activities that involve twisting and turning can be introduced.

Free Play with Other Dogs

- Always be vigilant when your dogs are playing and intervene by throwing handfuls of food down if there's a lot of body slamming or the play just gets too crazy.

