



# EXERCISE GUIDELINES FOR PUPPIES

PUPPYCULTURE.COM

	8-12 WEEKS	12-16 WEEKS	4-6 MONTHS	6-12 MONTHS	12 - 18 MONTHS	18 MONTHS TO 2 YEARS
<b>Sustained and Continuous Walking</b>	<ul style="list-style-type: none"> <li>• 50-200 feet at a time.</li> <li>• Break up with sniffing and noodling around.</li> <li>• Formal heeling/leash walking training limited to 2 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>• Gradually increase duration and length of walks - Probably going to be between 100-200 feet by the time the puppy is 16 weeks old.</li> <li>• Let the puppy volunteer to keep going and stop if he shows reluctance to go further.</li> <li>• Keep formal training under 2 minutes per session.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Let the puppy volunteer to keep going and stop if he shows reluctance to go further.</li> <li>• Keep formal training under 2 minutes per session.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Again, best to keep doing these walks as "sniff and stroll" 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.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Again, best to keep doing these walks as "sniff and stroll" 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.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>Sniff 'N Stroll</b>	<ul style="list-style-type: none"> <li>• Informal "sniff and stroll" sessions can be up to 10-15 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>• Can be increased to 15-20 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• OK to do 50 minutes provided you are moving at a very slow pace with lots of opportunity for the puppy to stop and noodle around.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>Noodling and Kibble Trails</b>	<ul style="list-style-type: none"> <li>• Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</li> </ul>	<ul style="list-style-type: none"> <li>• Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</li> </ul>	<ul style="list-style-type: none"> <li>• Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</li> </ul>	<ul style="list-style-type: none"> <li>• Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</li> </ul>	<ul style="list-style-type: none"> <li>• Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>Running</b>	<ul style="list-style-type: none"> <li>• No directed running except for very short sprints in play.</li> <li>• Puppy can run as much as he likes on his own.</li> </ul>	<ul style="list-style-type: none"> <li>• No directed running except for very short sprints in play.</li> <li>• Puppy can run as much as he likes on his own.</li> </ul>	<ul style="list-style-type: none"> <li>• No directed running except for very short sprints in play.</li> <li>• Puppy can run as much as he likes on his own.</li> </ul>	<ul style="list-style-type: none"> <li>• No directed running except for very short sprints in play.</li> <li>• Puppy can run as much as he likes on his own.</li> </ul>	<ul style="list-style-type: none"> <li>• No directed running except for very short sprints in play.</li> <li>• Puppy can run as much as he likes on his own.</li> </ul>	<ul style="list-style-type: none"> <li>• Running and endurance training can gradually be introduced at this time.</li> </ul>
<b>Jumping and Impact Activities</b>	<ul style="list-style-type: none"> <li>• Bars on the ground to halfway to wrist height.</li> <li>• No more than one or two obstacles in a row.</li> <li>• Wobble boards and unstable surfaces, but very low.</li> <li>• Carpet all indoor stairs and never allow puppy to go up and down stairs unsupervised.</li> <li>• Put up gates at top/bottom of stairs.</li> <li>• Consider carrying puppy if he needs to do more than one or two stair steps.</li> </ul>	<ul style="list-style-type: none"> <li>• Bars on the ground to halfway to wrist height.</li> <li>• No more than one or two obstacles in a row.</li> <li>• Wobble boards and unstable surfaces, but very low.</li> <li>• Carpet all indoor stairs and never allow puppy to go up and down stairs unsupervised.</li> <li>• Put up gates at top/bottom of stairs.</li> <li>• Consider carrying puppy if he needs to do more than one or two stair steps.</li> </ul>	<ul style="list-style-type: none"> <li>• Bars on the ground to halfway to wrist height.</li> <li>• No more than one or two obstacles in a row.</li> <li>• Wobble boards and unstable surfaces, but very low.</li> <li>• Carpet all indoor stairs and never allow puppy to go up and down stairs unsupervised.</li> <li>• Put up gates at top/bottom of stairs.</li> <li>• Consider carrying puppy if he needs to do more than one or two stair steps.</li> </ul>	<ul style="list-style-type: none"> <li>• Jumps can be gradually raised half way to elbow height between 6 and 12 months old, with correspondingly more challenging ramps, wobble boards, and feeders.</li> <li>• Platform work for rear end awareness can be introduced very carefully and slowly.</li> <li>• This is the time when we see the most spiral fractures 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!</li> <li>• Stairs are always a hazard and should have good traction - carpet indoors, non-skid surface outdoors.</li> <li>• Although the puppy may start doing stairs with good traction, you should still supervise and don't let him run down the stairs with other dogs.</li> </ul>	<ul style="list-style-type: none"> <li>• The height can be changed to elbow height between 12-18 months with correspondingly more challenging ramps, wobble boards, and feeders.</li> <li>• Platform work for rear end awareness can be continued at this time.</li> <li>• This is also the time when we see the most spiral fractures 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!</li> <li>• Stairs are always a hazard and should have good traction - carpet indoors, non-skid surface outdoors.</li> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• Gradually raise jumps and contact obstacles to full competition height between 18-24 months old.</li> <li>• Stairs are always a hazard and should have good traction - carpet indoors, non-skid surface outdoors.</li> </ul>
<b>Swimming</b>	<ul style="list-style-type: none"> <li>• Puppy should ALWAYS wear a life jacket.</li> <li>• Wading and playing on the shoreline.</li> <li>• Climbing on and off low platforms and rafts in shallow water.</li> <li>• Retrieval/tossing toys in shallow water parallel to shoreline, never into deep water.</li> <li>• Puppies should be allowed to swim if they volunteer to do so, but never forced.</li> </ul>	<ul style="list-style-type: none"> <li>• Puppy should ALWAYS wear a life jacket.</li> <li>• Wading and playing on the shoreline.</li> <li>• Climbing on and off low platforms and rafts in shallow water.</li> <li>• Retrieval/tossing toys in shallow water parallel to shoreline, never into deep water.</li> <li>• Puppies should be allowed to swim if they volunteer to do so, but never forced.</li> </ul>	<ul style="list-style-type: none"> <li>• Puppy should ALWAYS wear a life jacket.</li> <li>• Wading and playing on the shoreline.</li> <li>• Climbing on and off low platforms and rafts in shallow water.</li> <li>• Retrieval/tossing toys in shallow water parallel to shoreline, never into deep water.</li> <li>• Puppies should be allowed to swim if they volunteer to do so, but never forced.</li> </ul>	<ul style="list-style-type: none"> <li>• Puppy should ALWAYS wear a life jacket.</li> <li>• Wading and playing on the shoreline.</li> <li>• Climbing on and off low platforms and rafts in shallow water.</li> <li>• Retrieval/tossing toys in shallow water parallel to shoreline, never into deep water.</li> <li>• Puppies should be allowed to swim if they volunteer to do so. Limit swimming to a few minutes at a time.</li> <li>• Very short swim out to retrieves in the water.</li> <li>• Keep the toy close to shore. High toy-drive dogs will swim further after a thrown toy than they can or should.</li> </ul>	<ul style="list-style-type: none"> <li>• Puppy should ALWAYS wear a life jacket.</li> <li>• Wading and playing on the shoreline.</li> <li>• Climbing on and off low platforms and rafts in shallow water.</li> <li>• Retrieval/tossing toys in shallow water parallel to shoreline, never into deep water.</li> <li>• Puppies should be allowed to swim if they volunteer to do so. Limit swimming to a few minutes at a time.</li> <li>• Very short swim out to retrieves in the water.</li> <li>• Keep the toy close to shore. High toy-drive dogs will swim further after a thrown toy than they can or should.</li> </ul>	<ul style="list-style-type: none"> <li>• Competition swimming behaviors can be introduced and dog can swim far as long as he volunteers to.</li> <li>• Life jackets are always a must.</li> </ul>
<b>Chasing</b>	<ul style="list-style-type: none"> <li>• Roll balls and drag toys on the ground in gentle circles.</li> </ul>	<ul style="list-style-type: none"> <li>• Roll balls and drag toys on the ground in gentle circles.</li> </ul>	<ul style="list-style-type: none"> <li>• Roll balls and drag toys on the ground in gentle circles.</li> </ul>	<ul style="list-style-type: none"> <li>• Roll balls and drag toys on the ground in gentle circles.</li> </ul>	<ul style="list-style-type: none"> <li>• Roll balls and drag toys on the ground in gentle circles.</li> </ul>	<ul style="list-style-type: none"> <li>• Gauge 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.</li> </ul>
<b>Tugging</b>	<ul style="list-style-type: none"> <li>• Keep the toy low so the puppy's neck is in a straight line.</li> <li>• Don't pull on the toy - allow the puppy to tug against you.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the toy low so the puppy's neck is in a straight line.</li> <li>• Don't pull on the toy - allow the puppy to tug against you.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the toy low so the puppy's neck is in a straight line.</li> <li>• Don't pull on the toy - allow the puppy to tug against you.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the toy low so the puppy's neck is in a straight line.</li> <li>• Don't pull on the toy - allow the puppy to tug against you.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the toy low so the puppy's neck is in a straight line.</li> <li>• Don't pull on the toy - allow the puppy to tug against you.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>Fast Turns</b>	<ul style="list-style-type: none"> <li>• No fast turns or sudden stops.</li> <li>• No fast weaves or lure coursing.</li> <li>• Slow shaping of weave poles - discontinue if the puppy starts speeding up or really "weaving".</li> </ul>	<ul style="list-style-type: none"> <li>• No fast turns or sudden stops.</li> <li>• No fast weaves or lure coursing.</li> <li>• Slow shaping of weave poles - discontinue if the puppy starts speeding up or really "weaving".</li> </ul>	<ul style="list-style-type: none"> <li>• No fast turns or sudden stops.</li> <li>• No fast weaves or lure coursing.</li> <li>• Slow shaping of weave poles - discontinue if the puppy starts speeding up or really "weaving".</li> </ul>	<ul style="list-style-type: none"> <li>• No fast turns or sudden stops.</li> <li>• No fast weaves or lure coursing.</li> <li>• Slow shaping of weave poles - discontinue if the puppy starts speeding up or really "weaving".</li> </ul>	<ul style="list-style-type: none"> <li>• No fast turns or sudden stops.</li> <li>• No fast weaves or lure coursing.</li> <li>• Slow shaping of weave poles - discontinue if the puppy starts speeding up or really "weaving".</li> </ul>	<ul style="list-style-type: none"> <li>• Full weave pole training and other activities that involve twisting and turning can be introduced.</li> </ul>
<b>Free Play with Other Dogs</b>	<ul style="list-style-type: none"> <li>• 10-15 minutes for formal "play dates"</li> <li>• Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults).</li> <li>• Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play.</li> <li>• You may have to enforce rest periods by putting puppy away for naps.</li> </ul>	<ul style="list-style-type: none"> <li>• 10-15 minutes for formal "play dates"</li> <li>• Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults).</li> <li>• Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play.</li> <li>• You may have to enforce rest periods by putting puppy away for naps.</li> </ul>	<ul style="list-style-type: none"> <li>• Up to 20 minutes for formal "play dates"</li> <li>• Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults).</li> <li>• Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play.</li> <li>• You may have to enforce rest periods by putting puppy away for naps.</li> </ul>	<ul style="list-style-type: none"> <li>• Up to 20 minutes for formal "play dates"</li> <li>• Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults).</li> <li>• Your puppy's increased body mass makes him more liable to injury from body-slammings play or a lot of fast sprints and turns.</li> <li>• Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play.</li> <li>• You may have to enforce rest periods by putting puppy away for naps.</li> </ul>	<ul style="list-style-type: none"> <li>• Up to 20 minutes for formal "play dates"</li> <li>• Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults).</li> <li>• Your puppy's increased body mass makes him more liable to injury from body-slammings play or a lot of fast sprints and turns.</li> <li>• Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play.</li> <li>• You may have to enforce rest periods by putting puppy away for naps.</li> </ul>	<ul style="list-style-type: none"> <li>• Always be vigilant when your dogg are playing and intervene by throwing handfuls of food down. If there's a lot of body slammings or the play just gets too crazy.</li> </ul>