



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
Sustained and Continuous Walking	<ul style="list-style-type: none"> 50-200 feet at a time. Break up with sniffing and noodling around. Formal heeling/leash-walking training limited to 2 minutes. 	<ul style="list-style-type: none"> Gradually increase duration and length of walks. Probably going to be between 200-400 minutes 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Can be increased to as much as 60 minutes. At this 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. 	<ul style="list-style-type: none"> Walks on pavement should be kept short, but duration of walks on dirt or turf can be increased and more "flicking" type activities can be introduced. Agility work should be kept to a minimum. If you do it, use it to keep dogs working 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. 	<ul style="list-style-type: none"> Walks on pavement should be kept short, but duration of walks on dirt or turf can be increased and more "flicking" type activities can be introduced. Agility work should be kept to a minimum. If you do it, use it to keep dogs working 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.
Sniff 'N Stroll	<ul style="list-style-type: none"> Informal "sniff and stroll" sessions can be up to 10-15 minutes. 	<ul style="list-style-type: none"> Can be increased to 15-20 minutes. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Can be increased to as much as 60 minutes. At this 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes. 	<ul style="list-style-type: none"> Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes. 	<ul style="list-style-type: none"> Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes. 	<ul style="list-style-type: none"> Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes. 	<ul style="list-style-type: none"> Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> No directed running except for very short sprints in play. Puppy can run as much as he likes on his own. 	<ul style="list-style-type: none"> No directed running except for very short sprints in play. Puppy can run as much as he likes on his own. 	<ul style="list-style-type: none"> No directed running except for very short sprints in play. Puppy can run as much as he likes on his own. 	<ul style="list-style-type: none"> No directed running except for very short sprints in play. Puppy can run as much as he likes on his own. 	<ul style="list-style-type: none"> No directed running except for very short sprints in play. Puppy can run as much as he likes on his own. 	<ul style="list-style-type: none"> No directed running except for very short sprints in play. Puppy can run as much as he likes on his own.
Jumping and Impact Activities	<ul style="list-style-type: none"> 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. Call 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. 	<ul style="list-style-type: none"> 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. Call 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. 	<ul style="list-style-type: none"> 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. Call 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. 	<ul style="list-style-type: none"> 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. Call 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. 	<ul style="list-style-type: none"> 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. Call 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. 	<ul style="list-style-type: none"> 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. Call 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	<ul style="list-style-type: none"> 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/boosing 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. 	<ul style="list-style-type: none"> 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/boosing 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. 	<ul style="list-style-type: none"> 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/boosing 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. 	<ul style="list-style-type: none"> 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/boosing 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. 	<ul style="list-style-type: none"> 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/boosing 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. 	<ul style="list-style-type: none"> 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/boosing 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	<ul style="list-style-type: none"> Roll balls and drag toys on the ground in gentle circles. 	<ul style="list-style-type: none"> Roll balls and drag toys on the ground in gentle circles. 	<ul style="list-style-type: none"> Roll balls and drag toys on the ground in gentle circles. 	<ul style="list-style-type: none"> Roll balls and drag toys on the ground in gentle circles. 	<ul style="list-style-type: none"> Roll balls and drag toys on the ground in gentle circles. 	<ul style="list-style-type: none"> Roll balls and drag toys on the ground in gentle circles.
Tugging	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> No fast turns or sudden stops. No fast weaves or line courting. Slow shaping of weave poles - discontinue if the puppy starts speeding up or really "weaving". 	<ul style="list-style-type: none"> No fast turns or sudden stops. No fast weaves or line courting. Slow shaping of weave poles - discontinue if the puppy starts speeding up or really "weaving". 	<ul style="list-style-type: none"> No fast turns or sudden stops. No fast weaves or line courting. Slow shaping of weave poles - discontinue if the puppy starts speeding up or really "weaving". 	<ul style="list-style-type: none"> No fast turns or sudden stops. No fast weaves or line courting. Slow shaping of weave poles - discontinue if the puppy starts speeding up or really "weaving". 	<ul style="list-style-type: none"> No fast turns or sudden stops. No fast weaves or line courting. Slow shaping of weave poles - discontinue if the puppy starts speeding up or really "weaving". 	<ul style="list-style-type: none"> No fast turns or sudden stops. No fast weaves or line courting. Slow shaping of weave poles - discontinue if the puppy starts speeding up or really "weaving".
Free Play with Other Dogs	<ul style="list-style-type: none"> 10-15 minutes for formal "play dates" and adults in the household too 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. 	<ul style="list-style-type: none"> 10-15 minutes for formal "play dates" and adults in the household too 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. 	<ul style="list-style-type: none"> 10-15 minutes for formal "play dates" and adults in the household too 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. 	<ul style="list-style-type: none"> 10-15 minutes for formal "play dates" and adults in the household too 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. 	<ul style="list-style-type: none"> 10-15 minutes for formal "play dates" and adults in the household too 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. 	<ul style="list-style-type: none"> 10-15 minutes for formal "play dates" and adults in the household too 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.