

	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 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. 	<ul style="list-style-type: none"> • 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. 	<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 "hiking" type activities can be introduced. • Again, best to keep do 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. 	<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 "hiking" type activities can be introduced. • Again, best to keep do 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. 	<ul style="list-style-type: none"> • 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	<p>Informal "sniff and stroll" sessions can be up to about 10-15 minutes.</p>	<p>Can be increased to 15-20 minutes</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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 to stop a sniff from time to time.</p>
Noodling and Kibble Trails	<p>Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</p>	<p>Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</p>	<p>Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</p>	<p>Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</p>	<p>Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</p>	<p>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.</p>
Running	<ul style="list-style-type: none"> • No directed running except for very short spurts 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 spurts 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 spurts 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 spurts 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 spurts in play • Puppy can run as much as he likes on his own 	<p>Running and endurance training can gradually be introduced at this time</p>
Jumping and Impact activities	<ul style="list-style-type: none"> • Bars on the ground to wrist height • No more than one or two obstacles in a row • Wobble boards and unstable surfaces, but 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 your he needs to do more than one or two stair steps 	<ul style="list-style-type: none"> • Bars on the ground to wrist height • No more than one or two obstacles in a row • Wobble boards and unstable surfaces, but 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 your he needs to do more than one or two stair steps 	<ul style="list-style-type: none"> • Bars on the ground to wrist height • No more than one or two obstacles in a row • Wobble boards and unstable surfaces, but 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 your he needs to do more than one or two stair steps 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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