

Your Dog's Exercise Programme

All dogs are different. This example exercise programme is designed for a dog that needs about an hour's exercise each day. Use it as a guide to help you build up your dog's fitness levels, but remember to:

1. Always follow your dog's signals and adjust your exercise regime accordingly
2. If your dog is showing any signs of distress during exercise, a veterinary examination is recommended to ensure there are no underlying health conditions that you need to be aware of.



WEEK ONE: 15 MINS	
Warm up
5 minutes of gentle walking on the lead
5 minutes of games - fetch or flat rubber disc throwing
5 minutes of gentle walking on the lead
Cool down

WEEK TWO: 25 MINS	
Warm up
10 minutes of gentle walking
5 minutes of games
10 minutes of gentle walking
Cool down

WEEK THREE: 35 MINS	
10 minutes of gentle walking
5 minutes of games
10 minutes of gentle walking
5 minutes of fetch games
5 minutes of gentle walking
Cool down

WEEK FOUR: 45 MINS	
Warm up
5 minutes of games
10 minutes of gentle walking
5 minutes of fetch games
10 minutes of gentle walking
5 minutes of football
10 minutes of gentle walking
Cool down

WEEK FIVE: 30 MINS	
Warm up
5 minutes of games
5 minutes of varied walking
5 minutes of fetch games
5 minutes of gentle walking
5 minutes of football
5 minutes of varied and vigorous walking
Cool down

WEEK SIX: 40 MINS	
Warm up
5 minutes of games
10 minutes of varied walking
5 minutes of fetch games
5 minutes of varied walking
5 minutes of football
10 minutes of varied walking
Cool down

WEEK SEVEN: 50 MINS	
Warm up
10 minutes of varied walking
5 minutes of games
10 minutes of varied walking
5 minutes of fetch games
5 minutes of varied walking
5 minutes of football
10 minutes of varied walking
Cool down

WEEK EIGHT: 60 MINS	
Warm up
10 minutes of varied walking
5 minutes of games
10 minutes of varied walking
10 minutes of fetch games
10 minutes of varied walking
5 minutes of football
10 minutes of varied walking
Cool down

Source, PDSA

#PetmaniaOT
#OperationTransPAWmation

