

Your Dog's Exercise Programme



**operation
transpawmation**

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