



SWAG™ TRAINING TIP:

Speed changes can help your dog to use all of its muscle groups to develop strong shoulders, back and hind limbs. This can be accomplished by using different gaits during the retrieval process. Consider using both a run and a free trot gait to get the full benefit of using all the muscle groups.

Most dogs and their owners love to play the Fetch Game. Its quality time spent while exercising. Structuring your Fetch Game to include a few basic managed canine interval training techniques you will reinforce better movement and a stronger, healthier dog.



TOOLS:

Collar or Harness, Leash (Flexi Lead), K9FITvest (try with and without to note form)



DURATION:

3-5 times per week. Increase duration as fitness improves. Start with 3-5 minutes for an unconditioned dog.



INTENSITY:

Increase speed, use K9FITvest, and remove lead as fitness and recall improves. Watch for fluid clean form.



STRENGTHENS:

Increases overall muscle strength and stamina. A strong core will help with endurance. Consider core cross training.



What is a Controlled Fetch?

Fetch involves short bursts of running and abrupt stops. Heart rate increases and some dogs jump, up and down, in between retrievals to help build hind leg strength. During the controlled retrieval process your dog is on lead to encourage successful recall.

Where Can I Do Fetch?

Fetch can be done outside to achieve distance or inside. Just be sure there are no dangerous obstacles that would prevent retrieving.

Controlled Fetch Guidelines:

- 1) Start with dog on a leash and get attention with a Toy
 - 2) Toss the toy a short distance
 - 3) Guide your dog to the toy. If he does not pick it up consider placing it in his mouth.
 - 4) Bring dog back to start and cue to "Drop It" then "Sit" squarely and reward
 - 5) Repeat. Your dog should start to retrieve on his own
- * A Flex Lead is great to achieve longer retrieve distances and recall control