



Walking, trotting or running are the most common exercises that dog owners do with their dogs. While walking and running are good activity, the best gait to work both sides of your dogs body equally and requires each leg to function independently.



TOOLS:

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



DURATION:

3-5 times per week. Increase duration as fitness improves. Start with 5-10 minutes for an unconditioned dog. Strive for at least 20 minutes continuous



INTENSITY:

Increase speed as fitness improves. Watch to ensure the proper gait patterns are used.



STRENGTHENS:

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



What is Endurance Work?

Endurance exercises like walking, trotting or running-strengthen the cardio system. As the system improves more oxygen is sent to the muscles to help your dog go farther and longer distance without getting tired.

Where Can I Do Endurance Work?

Walking, trotting or running can be performed inside on a dog-specific treadmill or outside.

Endurance Guidelines:

- 1) Warm up 5 minutes. Gradually increase distance and speed.
- 2) Dogs under 18 months should not exercise for endurance
- 3) Senior dogs should limit endurance activities
- 4) Different breeds require different distances and intensity parameters - know your breed or ask us if you have a question about recommended distances/time
- 5) Always cool down with a 5 minute walk



SWAG™ TRAINING TIP:

Always strive for quality vs. quantity when it comes to exercising your dog. Here are some basic guidelines to follow for Endurance activities:

- 1) Dog moves in a straight line
- 2) Dog moves fluidly with purpose and awareness
- 3) Gait is fluid and rhythmic
- 4) Understand dog gaits - Walk, Trot, Run - Avoid Pacing - it is less efficient
- 5) Keep gait consistent.