

Puppy Weekly Training Schedule



puppy training guideline



8-10 weeks

- Daily schedule
- Potty training
- Crate training + thresholds
- Redirect chewing + mouthing
- Name recognition
- Commands: Sit + Come
- Socialization: family + close friends

10-12 weeks

- Introduce leash + harness
- Doorway thresholds
- Impulse control: food + water bowl
- Commands: Place, Down + Heel (indoors)
- Socialization: common noises



3-4 months



- Structured play: tug + fetch
- Heel practice in front or backyard
- Command combinations indoors + hold commands for longer
- Commands: Stay + Drop-It
- Socialization: new pups (after vaccinations)

4-6 months

- Heel practice around the neighborhood
- Advance commands outside + in new locations; add 3Ds (distance, distractions + duration)
- Begin to wean off food rewards



6 months-1 year



- Continue with a daily schedule, crate training, commands, walks and regular socialization
- Advance commands outside with long-line, increase the 3Ds + work in new locations

Puppy weekly training schedule is essential for new pet owners who are eager to create a well-behaved and happy canine companion. Establishing a training routine not only fosters a positive relationship between you and your puppy but also helps your furry friend develop good habits and social skills. In this article, we will explore the components of an effective puppy training schedule, important training milestones, and tips to ensure success in your puppy's learning journey.

Understanding Your Puppy's Needs

Before diving into a weekly training schedule, it's crucial to understand your puppy's developmental needs. Puppies are curious and energetic, and their attention spans can be quite limited. Here are some key factors to consider:

Age of the Puppy

- 8-12 weeks: Puppies in this age range are just beginning to learn about the world. Training sessions should be short (5-10 minutes) and focused on basic commands.
- 3-6 months: At this stage, puppies can handle longer sessions (10-15 minutes) and are ready to learn more complex commands and social skills.
- 6 months and older: Puppies can engage in even longer training sessions (15-30 minutes) and can handle distractions better.

Physical and Mental Stimulation

Puppies require both physical and mental stimulation to thrive. A well-rounded training schedule should incorporate:

- Exercise: Regular walks and playtime to burn off excess energy.
- Mental Challenges: Puzzle toys, training games, and interactive play can keep your puppy engaged.

Creating a Weekly Training Schedule

A structured training schedule can help you maintain consistency and provide a balanced approach to your puppy's education. Here's a sample weekly training schedule for a puppy aged 3-6 months:

Sample Weekly Training Schedule

Monday: Basic Commands

- Morning:
- 5-minute session on "Sit" and "Stay."
- Afternoon:
- 10-minute practice of "Come" command.
- Evening:
- 10-minute play session incorporating commands learned.

Tuesday: House Training

- Morning:
- Take the puppy outside first thing (after meals and naps).
- Afternoon:
- 10-minute session on "Go potty" command.
- Evening:
- Reinforce house training with praise when the puppy goes outside.

Wednesday: Socialization

- Morning:
- 15-minute walk in a new environment (different park or neighborhood).
- Afternoon:
- Playdate with a friendly, vaccinated dog for 30 minutes.
- Evening:
- 10-minute session on "Leave it" command with distractions.

Thursday: Leash Training

- Morning:
- 10-minute indoor leash training, practicing walking in a straight line.
- Afternoon:
- 15-minute outdoor walk, focusing on loose-leash walking.
- Evening:
- 10-minute practice of "Heel" while walking.

Friday: Advanced Commands

- Morning:
- 10-minute session on "Down" and "Roll Over."
- Afternoon:
- 15-minute practice of "Drop it" with toys.
- Evening:
- Review all commands learned during the week.

Saturday: Fun Learning

- Morning:

- 20-minute agility play session (set up a simple obstacle course).
- Afternoon:
- Teach a fun trick (e.g., "Shake hands").
- Evening:
- Reflection on the week's training; consider what worked and what didn't.

Sunday: Rest and Bonding

- Morning:
- Enjoy a relaxed morning with cuddles and light play.
- Afternoon:
- Short training review of the week's commands (5-10 minutes).
- Evening:
- Plan the upcoming week's training schedule based on progress.

Tips for Successful Training

To ensure your puppy training schedule is effective, consider the following tips:

Consistency is Key

- Stick to training times and commands to avoid confusion.
- Use the same words and gestures for commands to reinforce learning.

Positive Reinforcement

- Always reward good behavior with treats, praise, or playtime.
- Avoid punishment; instead, redirect negative behavior with positive alternatives.

Short and Engaging Sessions

- Keep training sessions short to maintain your puppy's attention.
- Use engaging and playful methods to make learning fun.

Socialization Opportunities

- Expose your puppy to different environments, people, and other pets.
- Organize playdates and visit dog parks to enhance social skills.

Regular Assessments

- Monitor your puppy's progress and adjust the training schedule as necessary.
- Keep a training journal to track commands learned and areas needing improvement.

Common Challenges in Puppy Training

Training a puppy is not without its challenges. Here are some common issues you might face and how to address them:

Distraction

- Solution: Train in a quiet environment initially and gradually introduce distractions.

Fearfulness

- Solution: Introduce new experiences slowly and allow your puppy to explore at their own pace.

Inconsistency in Commands

- Solution: Ensure all family members use the same commands and techniques.

Lack of Interest

- Solution: Incorporate games, toys, and treats to keep sessions lively and interesting.

Conclusion

Creating a puppy weekly training schedule is an invaluable tool for building a strong foundation for your puppy's development. By understanding your puppy's needs, incorporating various training elements, and maintaining consistency, you can foster a well-behaved and confident dog. Remember, training should be a positive experience for both you and your puppy.

Celebrate successes, learn from setbacks, and enjoy the journey of growing together!

Frequently Asked Questions

What should a puppy training schedule include for the first week?

A puppy training schedule for the first week should include basic commands like 'sit', 'stay', and 'come', along with potty training, socialization with people and other pets, and short sessions of playtime to reinforce positive behavior.

How long should each training session be for a puppy?

Each training session for a puppy should be kept short, ideally between 5 to 10 minutes, to maintain their attention and enthusiasm.

When is the best time to train a puppy each day?

The best time to train a puppy is during periods when they are naturally energetic, such as after a nap or playtime, and before mealtimes, as they are more motivated by treats.

How can I incorporate socialization into my puppy's weekly training schedule?

Socialization can be incorporated by scheduling outings to parks, introducing them to different environments, and arranging playdates with other vaccinated dogs to help them learn proper behavior and reduce anxiety.

What are some key commands to teach in the first month?

Key commands to teach in the first month include 'sit', 'down', 'stay', 'come', 'leave it', and 'heel', as these form the foundation for good behavior and obedience.

How often should I train my puppy each week?

You should aim to train your puppy at least 5 to 6 times a week, incorporating short sessions each day to reinforce learning and prevent boredom.

What rewards can I use during puppy training?

Effective rewards include small, tasty treats, praise, toys, and playtime, which can motivate your puppy and reinforce positive behavior.

How can I track my puppy's training progress?

You can track your puppy's training progress by keeping a journal or a checklist of commands learned, noting their response to training, and setting specific goals for each week.

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