

Week By Week Puppy Training



GLOW DOGGLOW 5K

Pooch to Pavement

5K Training Plan

WEEK 7



	SESSION 1	SESSION 2	SESSION 3
Workout Plan	40 minutes; 18-20 minute jogging/ running intervals; finish with a sprint	40 minutes; 18-20 minute jogging/ running intervals; finish with a sprint	45 minutes; 20-22 minute jogging/ running intervals; finish with sprints
Interval 1	<ul style="list-style-type: none">• 20 minutes jogging or running a comfortable pace GOAL: 1.5 - 2 miles	<ul style="list-style-type: none">• 18 minutes jogging or running a comfortable pace GOAL: 1.5 - 2 miles	<ul style="list-style-type: none">• 20 minutes jogging or running a comfortable pace• 1 minute sprint GOAL: 1.75 - 2 miles
Return to walking or a quick stop for a water break - 1 minutes			
Interval 2	<ul style="list-style-type: none">• 18 minutes jogging or running a comfortable pace• 1 minute sprint GOAL: 1.5 - 2 miles	<ul style="list-style-type: none">• 20 minutes jogging or running a comfortable pace• 1 minute sprint GOAL: 1.75 - 2 miles	<ul style="list-style-type: none">• 22 minutes jogging or running at a comfortable pace• 1 minute sprint GOAL: 1.75 - 2 miles

All sessions should include a 5-minute warm-up and 5-minute cool down. Warm-ups allow your dog to sniff and eliminate as necessary. The cool down allows both of you to catch your breath and help your heart rates return to normal. Make sure to rehydrate with a mid-workout water break. Give those muscles a break with rest days interspersed between each session.

WEEK BY WEEK PUPPY TRAINING IS AN ESSENTIAL PROCESS FOR NEW DOG OWNERS, CREATING A SOLID FOUNDATION FOR A WELL-BEHAVED AND HAPPY COMPANION. TRAINING YOUR PUPPY IS NOT JUST ABOUT TEACHING COMMANDS; IT'S ABOUT BUILDING A LASTING BOND AND ENSURING YOUR FURRY FRIEND UNDERSTANDS THE RULES OF YOUR HOME AND THE WORLD AROUND THEM. THIS ARTICLE WILL GUIDE YOU THROUGH THE FIRST EIGHT WEEKS OF PUPPY TRAINING, PROVIDING A STRUCTURED APPROACH TO HELP YOU NAVIGATE THIS EXCITING JOURNEY.

WEEK 1: GETTING ACQUAINTED

THE FIRST WEEK WITH YOUR PUPPY IS CRUCIAL FOR BUILDING TRUST AND UNDERSTANDING. DURING THIS TIME, FOCUS ON ESTABLISHING A ROUTINE AND HELPING YOUR NEW FURRY FRIEND ACCLIMATE TO THEIR NEW HOME.

ESTABLISHING A ROUTINE

- FEEDING SCHEDULE: SET A CONSISTENT FEEDING SCHEDULE. PUPPIES TYPICALLY NEED TO EAT THREE TO FOUR TIMES A DAY.
- BATHROOM BREAKS: TAKE YOUR PUPPY OUTSIDE FREQUENTLY TO ENCOURAGE POTTY TRAINING AND REINFORCE BATHROOM HABITS.
- SLEEP SCHEDULE: PROVIDE A COMFORTABLE AND QUIET SPACE FOR YOUR PUPPY TO SLEEP. ESTABLISHING A SLEEP ROUTINE WILL HELP THEM FEEL SECURE.

SOCIALIZATION

- INTRODUCE YOUR PUPPY TO VARIOUS ENVIRONMENTS, SOUNDS, AND PEOPLE.
- ENCOURAGE SAFE INTERACTIONS WITH OTHER DOGS AND PETS.
- AIM TO EXPOSE YOUR PUPPY TO DIFFERENT EXPERIENCES, SUCH AS CAR RIDES, VISITS TO THE VET, OR WALKS IN THE PARK.

WEEK 2: BASIC COMMANDS

THE SECOND WEEK IS THE IDEAL TIME TO START TEACHING YOUR PUPPY BASIC COMMANDS. THIS SETS THE GROUNDWORK FOR FUTURE TRAINING AND HELPS YOUR PUPPY UNDERSTAND WHAT IS EXPECTED OF THEM.

ESSENTIAL COMMANDS

- SIT: HOLD A TREAT ABOVE YOUR PUPPY'S NOSE AND SLOWLY MOVE IT BACK OVER THEIR HEAD. AS THEY LOOK UP, THEIR BOTTOM SHOULD NATURALLY LOWER. WHEN THEY SIT, PRAISE THEM AND GIVE THEM THE TREAT.
- STAY: ONCE YOUR PUPPY HAS MASTERED 'SIT,' COMMAND THEM TO STAY. USE A HAND SIGNAL AND TAKE A STEP BACK. IF THEY STAY, REWARD THEM. IF THEY MOVE, GENTLY GUIDE THEM BACK.
- COME: USE A LONG LEASH AND CALL YOUR PUPPY'S NAME FOLLOWED BY 'COME.' WHEN THEY APPROACH, REWARD THEM WITH PRAISE AND TREATS.

POSITIVE REINFORCEMENT

- USE TREATS, TOYS, AND PRAISE AS REWARDS FOR GOOD BEHAVIOR.
- AVOID PUNISHMENT; INSTEAD, REDIRECT UNDESIRABLE BEHAVIOR AND REWARD POSITIVE ACTIONS.

WEEK 3: POTTY TRAINING PROGRESS

DURING THE THIRD WEEK, FOCUS INTENSIVELY ON POTTY TRAINING. CONSISTENCY IS KEY TO SUCCESS.

POTTY TRAINING TECHNIQUES

- CRATE TRAINING: USE A CRATE TO HELP YOUR PUPPY LEARN TO HOLD IT UNTIL THEY ARE LET OUTSIDE. MAKE IT COMFORTABLE AND NEVER USE IT AS PUNISHMENT.
- FREQUENT BREAKS: TAKE YOUR PUPPY OUT EVERY HOUR AND IMMEDIATELY AFTER EATING, DRINKING, OR PLAYING.
- PRAISE AND TREATS: ALWAYS REWARD YOUR PUPPY WHEN THEY GO POTTY OUTSIDE TO REINFORCE THE BEHAVIOR.

SIGNS THEY NEED TO GO

WATCH FOR THESE SIGNS THAT INDICATE YOUR PUPPY NEEDS TO GO OUTSIDE:

- SNIFFING AROUND
- CIRCLING OR PACING
- WHINING OR BARKING
- GOING TO THE DOOR

WEEK 4: LEASH TRAINING

BY THE FOURTH WEEK, IT'S TIME TO INTRODUCE LEASH TRAINING. THIS HELPS YOUR PUPPY LEARN HOW TO WALK POLITELY ON A LEASH.

LEASH TRAINING TIPS

- CHOOSE THE RIGHT EQUIPMENT: USE A COMFORTABLE COLLAR AND A STURDY LEASH. CONSIDER A HARNESS FOR SMALLER BREEDS OR STRONG PULLERS.
- START SLOW: ALLOW YOUR PUPPY TO GET USED TO WEARING THE COLLAR AND LEASH INDOORS BEFORE VENTURING OUTSIDE.
- TEACH LOOSE LEASH WALKING: REWARD YOUR PUPPY FOR WALKING BESIDE YOU ON A LOOSE LEASH. IF THEY PULL, STOP WALKING UNTIL THEY RETURN TO YOUR SIDE.

POSITIVE ASSOCIATIONS

- MAKE WALKS FUN BY USING TREATS AND PRAISE WHEN YOUR PUPPY WALKS NICELY.
- BRING ALONG TOYS OR ENGAGE THEM WITH GAMES TO CREATE POSITIVE EXPERIENCES WHILE ON THE LEASH.

WEEK 5: ADVANCED COMMANDS AND TRICKS

IN THE FIFTH WEEK, YOU CAN START TEACHING MORE ADVANCED COMMANDS AND FUN TRICKS. THIS NOT ONLY ENTERTAINS YOUR PUPPY BUT ALSO STIMULATES THEIR MIND.

ADVANCED COMMANDS

- **DOWN:** FROM THE SITTING POSITION, HOLD A TREAT IN FRONT OF YOUR PUPPY AND MOVE IT DOWN TOWARDS THE GROUND. WHEN THEY LIE DOWN, REWARD THEM.
- **LEAVE IT:** SHOW YOUR PUPPY A TREAT IN YOUR HAND. CLOSE YOUR HAND AND SAY "LEAVE IT." ONCE THEY STOP TRYING TO GET THE TREAT, REWARD THEM WITH A DIFFERENT TREAT.

FUN TRICKS TO TEACH

- **SHAKE HANDS:** ENCOURAGE YOUR PUPPY TO LIFT THEIR PAW BY GENTLY TAPPING IT AND REWARDING THEM FOR THE ACTION.
- **ROLL OVER:** WITH YOUR PUPPY LYING DOWN, USE A TREAT TO GUIDE THEM INTO A ROLL. REWARD THEM WHEN THEY COMPLETE THE ROLL.

WEEK 6: ADDRESSING BEHAVIORAL ISSUES

BY THE SIXTH WEEK, YOU MAY ENCOUNTER SOME BEHAVIORAL ISSUES. IT'S ESSENTIAL TO ADDRESS THESE PROBLEMS EARLY ON.

COMMON BEHAVIORAL PROBLEMS

- **CHEWING:** PROVIDE PLENTY OF CHEW TOYS AND REDIRECT YOUR PUPPY TO THEM WHEN THEY CHEW ON INAPPROPRIATE ITEMS.
- **BARKING:** DETERMINE THE CAUSE OF BARKING (BOREDOM, ATTENTION-SEEKING, OR FEAR) AND ADDRESS IT ACCORDINGLY.

BEHAVIORAL CORRECTION TECHNIQUES

- **REDIRECTION:** IF YOUR PUPPY IS MISBEHAVING, REDIRECT THEIR ENERGY TO A MORE APPROPRIATE ACTIVITY.
- **TIME-OUT:** FOR PERSISTENT UNWANTED BEHAVIOR, A BRIEF TIME-OUT IN A QUIET SPACE CAN HELP THEM CALM DOWN.

WEEK 7: CONTINUED SOCIALIZATION

SOCIALIZATION SHOULD CONTINUE THROUGHOUT YOUR PUPPY'S TRAINING. BY THE SEVENTH WEEK, IT'S VITAL TO ENSURE THEY ARE COMFORTABLE IN VARIOUS SETTINGS.

SOCIALIZATION ACTIVITIES

- **DOG PARKS:** VISIT DOG PARKS TO EXPOSE YOUR PUPPY TO OTHER DOGS AND DIFFERENT ENVIRONMENTS.
- **GROUP CLASSES:** ENROLL IN PUPPY TRAINING CLASSES. THESE PROVIDE STRUCTURED SOCIALIZATION AND TRAINING OPPORTUNITIES.

POSITIVE SOCIAL EXPERIENCES

- ENCOURAGE POSITIVE INTERACTIONS WITH OTHER PUPPIES AND PEOPLE.
- REWARD YOUR PUPPY FOR CALM BEHAVIOR AROUND NEW EXPERIENCES.

WEEK 8: REINFORCING SKILLS AND BUILDING CONFIDENCE

IN THE FINAL WEEK OF OUR INITIAL TRAINING PLAN, IT'S TIME TO REINFORCE EVERYTHING YOUR PUPPY HAS LEARNED AND BUILD THEIR CONFIDENCE.

REVIEWING COMMANDS

- SPEND TIME EVERY DAY REVIEWING THE COMMANDS AND TRICKS LEARNED OVER THE PAST EIGHT WEEKS.
- INCORPORATE LONGER TRAINING SESSIONS THAT CHALLENGE YOUR PUPPY'S UNDERSTANDING AND OBEDIENCE.

BUILDING CONFIDENCE

- ENCOURAGE EXPLORATION OF NEW ENVIRONMENTS AND SITUATIONS.
- USE POSITIVE REINFORCEMENT TO REWARD BRAVERY AND CURIOSITY.

CONCLUSION

WEEK BY WEEK PUPPY TRAINING IS A REWARDING JOURNEY THAT REQUIRES PATIENCE, CONSISTENCY, AND LOVE. BY FOLLOWING THIS STRUCTURED APPROACH, YOU CAN HELP YOUR PUPPY GROW INTO A WELL-MANNERED AND CONFIDENT ADULT DOG. REMEMBER THAT TRAINING IS AN ONGOING PROCESS; CONTINUE TO REINFORCE LEARNED BEHAVIORS AND INTRODUCE NEW CHALLENGES TO KEEP YOUR PUPPY ENGAGED. ENJOY THE TIME SPENT WITH YOUR FURRY FRIEND AND SAVOR EACH MILESTONE IN THEIR TRAINING JOURNEY!

FREQUENTLY ASKED QUESTIONS

WHAT ARE THE KEY TRAINING GOALS FOR THE FIRST WEEK OF PUPPY TRAINING?

THE KEY TRAINING GOALS FOR THE FIRST WEEK INCLUDE ESTABLISHING A ROUTINE, INTRODUCING BASIC COMMANDS LIKE 'SIT' AND 'COME', AND STARTING HOUSE TRAINING TO HELP THE PUPPY UNDERSTAND WHERE TO RELIEVE ITSELF.

HOW CAN I SOCIALIZE MY PUPPY DURING THE SECOND WEEK?

DURING THE SECOND WEEK, YOU CAN SOCIALIZE YOUR PUPPY BY INTRODUCING THEM TO DIFFERENT ENVIRONMENTS, PEOPLE, AND OTHER VACCINATED DOGS. SHORT, POSITIVE EXPERIENCES WILL HELP THEM BUILD CONFIDENCE AND REDUCE FEAR OF NEW SITUATIONS.

WHAT SHOULD I FOCUS ON DURING THE THIRD WEEK OF PUPPY TRAINING?

IN THE THIRD WEEK, FOCUS ON REINFORCING BASIC COMMANDS LEARNED IN THE PREVIOUS WEEKS, SUCH AS 'SIT', 'STAY', AND 'COME', WHILE ALSO INTRODUCING LEASH TRAINING TO ENSURE YOUR PUPPY WALKS NICELY BESIDE YOU.

by weekby the week -

1. paid by the week 2. paid by week “” 1. Pay annually 2. Pay by the year 1. 3. ...

“in the next week”“on the next week”?_

on the next week Our most successful students are those who have managed to consistently learn in shorter periods of time over months, versus binge learning one week, and skipping out ...

week**weekends****weekend****weekdays** -

Jun 17, 2013 · weekday weekday weekday weekdays weekends ...

48 52_

48 52 48 365 ...

delivery time **lead time** _

delivery time lead time: 1: lead time ...

a week *one week* -

Nov 4, 2024 · a week one week a week “” ...

the next weeknext week_

Sep 16, 2024 · the next week next week 1.the next week 2.next week 1.the next week ...

week**weekly** -

Oct 21, 2024 · week I go to the gym every week, to maintain my fitness, weekly weekly ...

two weeks'two-week_

two-week two week's 1 two-week s 2 a two-week holiday. two weeks 3 ...

KD.K#week_

Dec 30, 2011 · kd k , , KD.K#week ...

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week**weekends****weekend****weekdays** -

Jun 17, 2013 · weekday weekday weekday weekdays weekends ...

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...

delivery time *lead time* _

delivery time *lead time*: 1: *lead time*
...

Unlock your puppy's potential with our comprehensive week by week puppy training guide. Learn effective techniques and tips to raise a well-behaved dog. Discover how!

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