

basic training schedule



Weeks 1 - 4

Day 1 2 3 4 5 6 7

Week 1	Sit and release
Goal	30 to 40 random sits each day

<input type="checkbox"/>							
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Day 1 2 3 4 5 6 7

Week 2	Heeling
Goal	On your walks, stop and make your dog sit once a minute. Always heel when on leash from now on.

<input type="checkbox"/>							
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Day 1 2 3 4 5 6 7

Week 3	Sit for examination
Goal	On your walks, sit your dog once a minute. Always heel while on leash. Practice 3 or 4 sit-for-exams each day.

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Day 1 2 3 4 5 6 7

Week 4	Sit-stay
Goal	Always heel on leash. Do all the goals from last week. Add in 6 sit-stays, slowly working up to a distance of 6 ft away for 1 minute. Don't let go of the leash!

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