

# K-9 FITNESS TRAINING

RunBuddy Mobile, LLC

## STAGE 1-Initial Fitness Training



- Dogs must be initially trained to use the fitness apparatus
- Some dogs may be timid, scared, nervous, or stubborn at first
- Our fitness coaches spend ample time getting your dog comfortable and moving on the mill during these sessions
- The time spent in this stage varies depending on the dog

## STAGE 2- Confidence Fitness Training



- Dog is comfortable on the mill and can mostly walk/run on their own
- Our fitness coaches ensure your dog is moving at a safe and consistent pace for the entire session
- This stage is spent growing confidence and endurance

## STAGE 3- Challenge Fitness Training



- Dog is running on their own
- Our fitness coaches challenge your dog with changes in incline, speed intervals, and resistance
- This stage focuses on strength and endurance for optimal physical and mental well-being