



Spartan Walking

A loose lead walking challenge fit for spartans!

To play this game you'll need to be proficient in 'With me' and pretty good at 'Walking down the aisle' too. The overall goal here is to be able to take 300 steps and give our dog one treat at the end of them all. They will have walked with us nicely on a loose lead the whole time.

To play:

1. Ask your dog to stand 'With me'. We'd like them to hang out in this position for the duration of our loose lead walking.
2. We're going to start right at the beginning; take one step, mark and reward.
3. If they stay next to you, take two steps, then mark and reward.

If they get ahead of you, ask them to 'with me' and start again.

4. When they can do two steps and stay next to you, take three steps, mark and reward.

5. Continue increasing on step at a time between treats

6. If your dog 'fails' at any point, i.e. they are not walking next to you, pull ahead, simply stop, ask them to come back into the right position and start again at the beginning.

An example might look like this:

1 step, mark and reward

1, 2, mark and reward

1, 2, 3 mark and reward

1, 2, whoops!!! No reward; ask them to come back to heel position

1 step, mark and reward

1, 2, mark and reward

1, 2, 3 mark and reward

1, 2, 3, 4 mark and reward

And so on.

This game is HARD! Keep sessions super short, five minutes maximum. As they get better you can work on it for longer but don't spend your whole walk on it!

By the time you get to 300 that will be five solid minutes of loose lead walking for one treat!