Training with your dog

Human's best friend, indeed! Here are some safety tips for combining puppy playtime and your favourite cardio activity for an exercise session you'll both look forward to!

Start Slow

Just like you would on your own, start at an easy pace before you increase the intensity!

Dog breeds differ, by shape, strength and size. Some can tolerate a high intensity interval training more than others. Sight hounds are ideal for shorter sprints while some dogs can do endurance training and tolerate long distances. For younger dogs, distance training is not recommended.

If your dog is older, injured, or has a chronic health issue, check in with a vet first to make sure what exercise is right for them!

Run, Bike, or Hike!

- Keep an eye out for signs of over-training, soreness, exhaustion, and excessive panting. Dogs overheat easier than we do. If your pup is lagging behind, slow down!

- Be respectful when sharing spaces! It is important that your dog stays on the same side of you for the entire time.

- Never have the leash tied to your wrist as this can cause injury for both of you, especially with an unexpected jerk while running in the rain. This could be very dangerous as it could cause you and your dog to slip and fall. Instead, try a hands free leash!


http://www.womenshealthmag.com/fitness/dogs-exercise