

Daily Dog Training Run Loop

(28-Day System)

⚠️ RULE FIRST

🚫 No improvising

🚫 No changing order

🚫 No skipping steps

🚫 No adding duplicate blocks

🚫 No restructuring based on behaviour

✅ Run the loop exactly in sequence

🔄 DAILY RUN LOOP

1 🌿 Pre-Loop Decompression Walk (Long Line)

Before structured training:

- ✅ Long line freedom (where safe)
- ✅ Zigzag walking
- ✅ Sniffing and environmental exploration
- ✅ Short bursts of running / circling allowed

🔊 RECALL CHECK-IN:

Call: "(name), come!"

On return:

- ✅ Triple treats 🎁
- ✅ Calm praise 🗣️
- ✅ Immediate release back to exploration 🔒
- 🚫 Don't end exploration after recall
- 🚫 Don't restrict movement
- 🚫 Don't convert into structured drill

🎯 Goal: Reduce arousal + build voluntary recall in freedom state

2 🏠 Structured Grid Walk (15 minutes)

Movement Pattern (fixed order):

- ➡️ Square walking clockwise
- ➡️ Square walking counterclockwise
- ➡️ Zigzag square pattern (integration phase)

🛑 ENGAGEMENT STOP (BUILT-IN RULE)

At any point:

- ✅ Stop completely
- ✅ Treat held at chest
- ✅ Look down at dog
- ✅ Wait for voluntary engagement
- ✅ Reward 🎁 + calm praise 🗣️
- ✅ Resume walking pattern
- 🚫 Don't restart without engagement

⚠️ WALKING RULE

- 🚫 No pulling forward allowed

If pulling occurs:

- ➡️ Immediate opposite direction turn
- 🚶 Keep moving
- 🚫 No stopping or verbal escalation

🎯 Goal: Structured engagement under movement pressure

3 🌪️ Distraction Handling (during walk or transition)

If dog reacts to:

🚲 bikes / 🐕 dogs / 🚗 cars / people

Do this immediately:

- Say: "This way!"
- Change direction 🔄
- Increase distance
- Return to structured grid pattern (square → counter → zigzag)

Optional resets:

- 🌿 long line freedom in safe area
- 🍌 scatter food ahead
- 🦮 sniff redirection
- 🚫 Stop facing trigger
- 🚫 Don't allow fixation
- 🚫 Don't wait for escalation

🎯 Goal: Prevent and interrupt fixation loops

4 🌿 Post-Loop Decompression Walk (Long Line)

After structured work:

- ✅ Long line freedom
- ✅ Zigzag walking
- ✅ Sniffing and exploration
- ✅ Light running / circling

🔊 RECALL CHECK-IN:

Call: "(name), come!"

On return:

- ✅ Triple treats 🎁
- ✅ Calm praise 🗣️
- ✅ Immediate release back to exploration 🔒
- 🚫 Don't end exploration after recall
- 🚫 Don't restrict movement

🎯 Goal: Reinforce recall under real-world freedom

5 🚪 Threshold Rule (every exit/entry)

- Handler goes first
- Dog follows only when invited

⚠️ NO EXCEPTIONS

- 🚫 Don't allow rushing through doors
- 🚫 Don't open and wait passively

🎯 **Goal: Impulse control at boundaries**

6 🏠 Post-Walk Home Routine (NON-CONDITIONAL)

Regardless of behaviour:

👉 SIT & STAY (1ST)

Controlled sit & Stay + calm reinforcement

🎯 **Recall (2nd) after throwing treat**

"(name), come!" → reward 🎁

👉 LEAVE IT (3RD)

Throw a big treat, restrain your dog and say leave it. Reward with smaller treat.

Distraction → disengage → reward 🎁

- 🚫 Don't change order
- 🚫 Don't skip
- 🚫 Don't add extras

🎯 **Goal: Structured behavioural reset sequence**

🎯 **End State (Calm Finish)** • Calm praise 🗣️ • Light reward 🎁 • Dog settles before session ends 🚫 Don't end in high arousal 🎯 **Goal: Nervous system downshift**

🧠 KEY RULES (NON-NEGOTIABLE)

- 🚫 No casual leash walking outside system
- 🚫 No skipping steps
- 🚫 No reordering sequence
- 🚫 No improvisation

✅ **Consistency = learning**

❌ **Variation = confusion**

🔄 IF YOU GET STUCK

- 🚫 📞 **Stop immediately - contact me**
- 🚫 Do not modify system
- 🚫 Do not interpret or adjust in real time