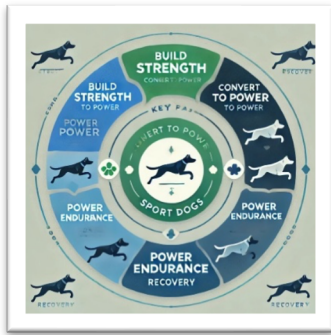


Strength Training for Sport Dogs: A Step-by-Step Plan for Agility



Every dog is different, which is why **we create customized strength training plans tailored to your dog's specific needs**. We'll review videos of your dog running an agility course to identify areas for improvement and develop exercises to enhance their performance. You can start with us no matter where you are in the competitive season, and if you're training for a specific event, **we'll help your dog reach peak performance when it matters most**

1. Build Strength (Foundation Phase)

- **Goal:** Create a strong base for muscles and joints.
- **Focus:** Foundational exercises to enhance overall strength.
- **Why It Matters:** Strength helps prevent injury and prepares your dog for more advanced work.

2. Convert Strength to Power (Pre-season Phase)

- **Goal:** Turn that strength into explosive energy.
- **Focus:** Targeted exercises designed specifically for agility, helping your dog accelerate and jump with power.
- **Why It Matters:** Power helps your dog navigate the course quickly and efficiently.

3. Develop Power Endurance (Competition Phase)

- **Goal:** Ensure your dog can maintain energy and power throughout the entire course.
- **Focus:** Training that helps your dog sustain speed and agility from start to finish.
- **Why It Matters:** Power endurance is key for maintaining top performance during long competitions.

4. Recovery (Post-season Phase)

- **Goal:** Rest and recover.
- **Focus:** Restorative activities to relax muscles and prevent injury.
- **Why It Matters:** Recovery keeps your dog healthy and ready for future challenges.

Let's work together to create a plan that enhances your dog's strengths, targets specific events, and keeps them performing at their best!



Microcycles and Macrocycles in Dog Training

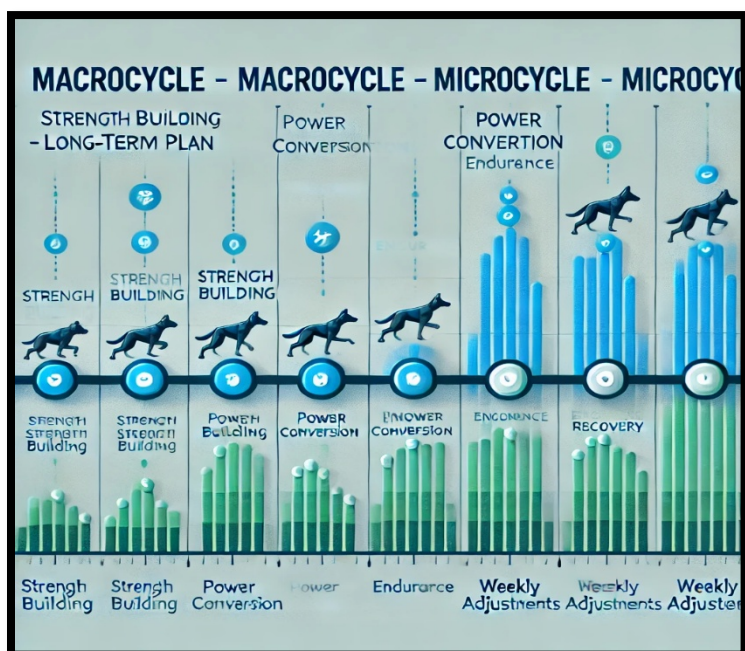
When training your dog for agility, we use cycles to plan and adjust their training over time. These cycles help your dog gradually build strength, power, and endurance, while allowing time for recovery and peak performance at the right moments.

Macrocycle

- **What It Is:** A long-term training plan, usually lasting several months, that includes all phases of training—from building strength to reaching peak performance at specific events.
- **Why It Matters:** A macrocycle helps us see the big picture, ensuring your dog is building the right skills at the right time to avoid burnout or injury.
- **Example:** Planning training for an entire season, from off-season strength building to competition season performance.

Microcycle

- **What It Is:** A short-term training block, usually lasting one to two weeks, that focuses on specific goals within the larger macrocycle.
- **Why It Matters:** Microcycles allow us to adjust exercises and intensity based on how your dog is progressing, keeping training balanced and effective.
- **Example:** A week of agility-focused power training or recovery sessions in between competitions.



By combining microcycles and macrocycles, we can tailor your dog's training to their unique needs and competition schedule, ensuring they're always progressing toward peak performance.