

# LABRADOR TRAINING

8-Week Owner Guide



# Labrador Training: What's Different

Labrador training is, on paper, one of the easiest training experiences you can have. Labs are eager to please, food-motivated to a fault, and ranked #7 in canine intelligence. The challenge: they're also one of the most excitable, mouthy, food-stealing breeds. The training challenge isn't teaching commands — it's channeling all that enthusiasm into manners that work in the real world.

## 3 truths every Labrador owner needs

- **Food motivation is your superpower.** Labs work for food at higher intensity than almost any breed. Use kibble for low-distraction work, real meat for new behaviors and high-distraction proofing.
- **Impulse control is the hardest skill.** Labs don't lack intelligence — they lack restraint. Wait, Leave It, Drop It, and Place are essential to teach early.
- **They stay puppy-like for 2-3 years.** Most breeds mature by 18 months. Labs remain bouncy, mouthy, and excitable until age 3. Training built early carries you through.

Want video demos for the most popular breed?

The Fast Dog Training program covers Labrador-specific training with video demos.  
Used by 50,000+ owners.

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# The 8-Week Labrador Training Plan

Designed for an 8-week-old Labrador puppy. Sessions are 5-15 minutes (longer as the puppy ages). Three sessions per day minimum.

Weeks	Focus	New Commands
1-2 (8-10 wk)	Foundation + bite inhibition	Sit, name, crate
3-4 (10-12 wk)	Recall + Off (no jumping) + Drop it	Come, Off, Drop it
5-6 (12-14 wk)	Leave it (food-stealing prevention) + Wait	Leave it, Wait
7-8 (14-16 wk)	Heel + Place + retrieving control	Heel, Place, Fetch w/ rules

# The Mouthy Lab Problem

Labs were bred to retrieve birds in their mouths. Result: they want everything in their mouths — shoes, food, hands, kids' toys. Most owners try to suppress mouthing, which doesn't work. The fix is redirection plus impulse control training.

- Always have appropriate chew toys readily available (rotate to keep novelty).
- When teeth touch skin: high-pitched 'Ouch!', stand up, ignore for 30 seconds, then offer chew toy.
- Never use hand contact as punishment (slap, push, hold mouth) — this teaches that hands are play targets.
- Reward four-paws-on-floor and quiet mouth heavily during greetings.
- Most Lab mouthing peaks at 4-6 months and resolves with consistent redirection by 8-12 months.

## Drop It is a life-saving command

Labs will try to swallow socks, tampons, chicken bones, kids' toys, and rocks. A reliable Drop It command (paired with Leave It) prevents emergency vet visits. Train both BEFORE you need them.

## The training program for high-energy breeds

Video demos, breed-specific guidance, and lifetime access. The training program for Labrador owners.

→ [See the Training Program](#)

# 5 Most Common Lab Training Mistakes

Avoid these to skip 80% of Lab owner frustrations:

- **1. Underestimating energy needs.** Labs need 1-2 hours of vigorous exercise daily. Sedentary households produce hyperactive Labs.
- **2. Allowing jumping 'sometimes'.** Variable reinforcement makes jumping nearly impossible to extinguish. Universal consistency from every household member.
- **3. Free-feeding.** Labs lack a 'full' signal. Free-feeding produces obese Labs and destroys food motivation. Measured meals only.
- **4. Letting them swallow everything.** Without Leave It and Drop It, you'll do an emergency vet visit eventually.
- **5. Expecting calm by age 1.** Labs are puppies until 2-3 years. Plan accordingly.

# Where to Go From Here

This 8-week plan covers the foundation. After that, your Labrador has the basics to build on for the next 12-24 months. Most Labradors reach mental maturity around age 2-3.

## Get Fast Dog Training

Step-by-step training program with video demos for every command, Labrador-specific guidance, and lifetime access. Used by 50,000+ owners.

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