

PUPPY TRAINING SCHEDULE

Week-by-Week 8-Week Plan



WEEK	M	T	W	TH	F	S	SU
1	✓	✓	✓	✓	✓	✓	✓
2		✓	✓	✓	✓	✓	✓
3		✓	✓	✓	✓	✓	✓
4		✓	✓	✓	✓	✓	✓
5		✓	✓	✓	✓	✓	✓
6		✓	✓	✓	✓	✓	✓
7		✓	✓	✓	✓	✓	✓
8		✓	✓	✓	✓	✓	✓

How to Use This Schedule

This 8-week schedule covers the most important developmental window in your puppy's life: weeks 8 through 16. What you train (and don't train) during this period largely determines your adult dog's temperament. The plan assumes a fresh 8-week-old puppy on day one of week 1.

The 4 Rules That Make This Work

- **Daily, not weekly.** Three short sessions per day (5-10 minutes each) outperform one long weekly session by 4x.
- **End on success.** Always finish a session with a behavior the puppy gets right. Quitting on failure builds frustration.
- **High-value rewards.** Use real food (chicken, cheese, hot dog) for new behaviors. Kibble is for known behaviors.
- **Consistent across people.** Every household member uses the same word for the same command. No exceptions.

Quick start

Print this PDF. Pick the page for your current week. Pick 2-3 commands from that week's list. Run a 5-minute session this morning. Run another at lunch. Run another before bed. Tomorrow, repeat. Your puppy will surprise you within 7 days.

Want video demos for every command?

The Fast Dog Training program (used by 50,000+ owners) shows you exactly how to teach each command with video, troubleshooting, and breed-specific tips.

→ [See the Training Program](#)

Weeks 1–2 (8–10 weeks old): Foundation

Goal: name recognition, crate acceptance, sit, and the start of bite inhibition. Sessions are extremely short (3-5 minutes). Puppies have tiny attention spans at this age.

Week	M	T	W	Th	F	Sa	Su
1: Name + Sit	✓	✓	✓	✓	✓	✓	✓
1: Crate intro	✓	✓	✓	✓	✓	✓	✓
2: Bite inhib.			✓	✓	✓	✓	✓
2: Potty schedule	✓	✓	✓	✓	✓	✓	✓

What to do each day

- **Name (3 reps):** Say puppy's name. The moment they look at you, mark and reward.
- **Sit (5 reps):** Lure with treat over the head. As the puppy sits, mark and reward.
- **Crate (5 min):** Toss treats into crate, let puppy enter and exit freely. Door stays open.
- **Potty schedule:** Outside immediately after waking, eating, drinking, playing. Every 1.5 hours otherwise.

Watch out

Don't push duration. A 4-minute session at this age is plenty. The puppy will tell you when they're done — you'll see them sniff away or lie down. End on a success and stop.

Weeks 3–4 (10–12 weeks old): Recall + Loose Leash

Goal: come (recall), basic loose-leash introduction, and starting socialization in earnest. Sessions can grow to 5-8 minutes. Add socialization exposures (1-2 new positive experiences daily).

Week	M	T	W	Th	F	Sa	Su
3: Come (indoor)	✓	✓	✓	✓	✓	✓	✓
3: Leash intro	✓		✓		✓		✓
4: Stay (5 sec)			✓	✓	✓	✓	✓
4: Socialization	✓	✓	✓	✓	✓	✓	✓

What to do each day

- **Come (5 reps):** Indoors, low distractions. Squat, open arms, say 'Come!' once. Reward big when puppy arrives.
- **Leash intro:** Clip leash, let puppy drag it 5 minutes indoors. Then short hand-held walks in the yard.
- **Stay (5 sec):** Puppy sits. You take one step back. Wait 3-5 seconds. Mark and reward.
- **Socialization (1-2/day):** Calm friendly stranger, vaccinated friend's dog, novel surface (gravel, grass, tile), or new sound.

Recall is the #1 safety command

Most owners poison their recall by Week 12. The Fast Dog Training program teaches the exact recall protocol that produces reliable off-leash dogs.

→ [See the Training Program](#)

Weeks 5–6 (12–14 weeks old): Down + Leave It + Distraction

Goal: add Down, Leave It, and Drop It. Begin distraction-proofing existing commands. Sessions: 8-10 minutes, multiple times daily. Continue intensive socialization.

Week	M	T	W	Th	F	Sa	Su
5: Down	✓	✓	✓	✓	✓	✓	✓
5: Leave it		✓	✓	✓	✓	✓	✓
6: Drop it	✓	✓	✓	✓	✓	✓	✓
6: Distractions		✓		✓		✓	

What to do each day

- **Down (5 reps):** From sit, lure treat to floor between front paws. As puppy follows, mark and reward.
- **Leave It (5 reps):** Closed fist with treat. Puppy pulls away → mark and reward from other hand.
- **Drop It (5 reps):** Trade game. Puppy has toy, offer treat. Puppy drops toy, gets treat AND toy back.
- **Distractions (3x/week):** Practice known commands somewhere mildly distracting (porch, front yard, friend's house).

Weeks 7–8 (14–16 weeks old): Reliability + Off + Place

Goal: proof every command across distractions, add Off (no jumping) and Place (calm relaxation). Sessions: 10-15 minutes, fewer per day. Quality over quantity now.

Week	M	T	W	Th	F	Sa	Su
7: Off (no jump)	✓	✓	✓	✓	✓	✓	✓
7: Place			✓	✓	✓	✓	✓
8: Heel intro	✓	✓	✓	✓	✓	✓	✓
8: All cmds proof	✓	✓	✓	✓	✓	✓	✓

What to do each day

- **Off (universal consistency):** Turn back when puppy jumps. Reward four-paws-on-floor. Every household member.
- **Place (5 min):** Lure puppy onto a mat/bed. Mark and reward. Build duration: 30 sec → 2 min → 5 min.
- **Heel intro:** Puppy at left side. Reward every 3-5 steps when leash is loose.
- **Proofing:** Run all known commands in 3+ different locations daily.

After 8 weeks: what next?

Your puppy now has the foundation. Months 4-6 = continued socialization + introducing public-place behaviors. Months 6-18 = adolescence (expect regression). Stay consistent. By 24 months you'll have a reliable adult dog.

Get the complete program

The Fast Dog Training program covers every command, every behavior fix, every breed — with video demos, troubleshooting, and lifetime access.

→ [See the Training Program](#)

Breed-Specific Timeline Adjustments

The 8-week schedule above works for any breed. These are the most common adjustments based on breed temperament:

Breed Type	Adjustment	Example Breeds
Fast learners	Compress timeline 30%; add advanced concepts	Border Collie, Weimaraner, German Shepherd, Golden Retriever
Working drive	Extra exercise before sessions; channel into work	Belgian Malinois, Australian Shepherd, Cattle Dog
Stubborn breeds	Higher-value rewards; shorter sessions (5-10 min)	Bulldog, French Bulldog, Pug, Beagle, Husky
Toy breeds	Smaller treats; gentler tone; train like a reward	Yorkie, Chihuahua, Maltese, Shih Tzu
Giant breeds	Train urgently before they get big; gentle corrections	Great Dane, Saint Bernard, Newfoundland, Mastiff
Sensitive breeds	Praise + light corrections only; never harsh	Shetland Sheepdog, Cocker Spaniel, Vizsla

For a full breed-specific schedule, visit [https://dogtrainingbybreed.com/breeds/\[your-breed/\]](https://dogtrainingbybreed.com/breeds/[your-breed/]) — we have detailed training pages for 50 breeds.

You've Got the Plan. Here's How to Make It Stick.

Most owners read a schedule like this, plan to start Monday, and forget by Wednesday. The owners who succeed do three things differently:

- 1. They follow a structured program with video demos.** Reading 'lure the dog into a sit' is one thing. Watching it done correctly with a real puppy makes it click in 30 seconds.
- 2. They have someone to ask when stuck.** Every owner gets stuck on something specific (mouthing won't stop, recall fails outside, crate barking). Having a resource to consult prevents quitting.
- 3. They invest in their dog's first 4 months.** The cost of a training program is trivial compared to the cost of a poorly-trained adult dog (behavior issues, vet bills, surrendered to a shelter).

Get Fast Dog Training (50,000+ owners can't be wrong)

Step-by-step training program with video demos, breed-specific guidance, and lifetime access. The program we recommend to every reader of this PDF.

→ [See the Training Program](#)

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