



BASIC TRAINING AND NUTRITION

WORKING DOGS



BASIC FYSICAL TRAINING

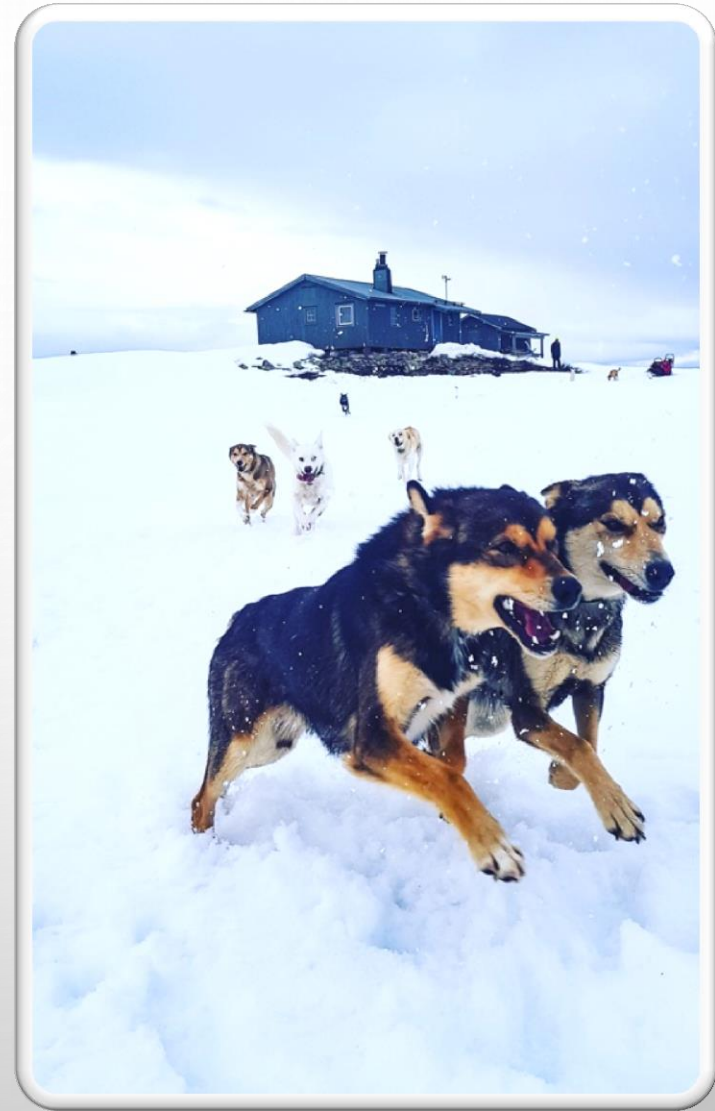
WHEN TO START WITH THE PUPPY?

- 7 TO 8 MONTHS
- LOT OF LOOSE TRAINING
- LEARN THEM TO PULL IN HARNESS



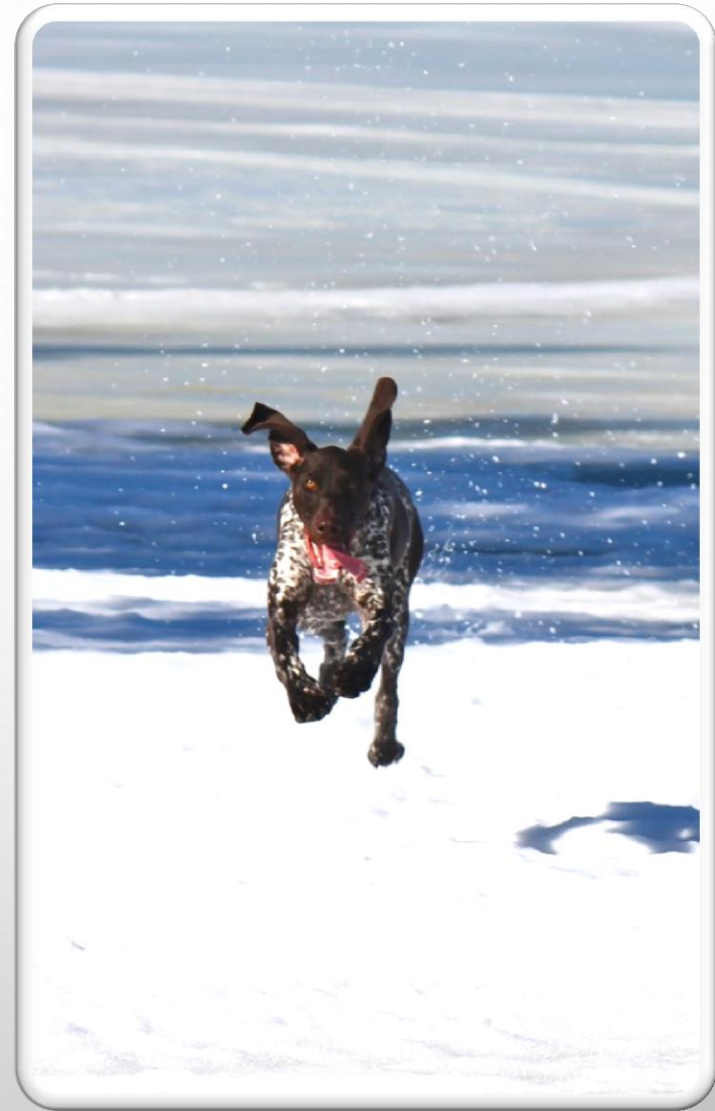
HOW OFTEN?

- FROM 7-8 MONTH 2-3 TIMES A WEEK
- AFTER 15 MONTH 3-4 TIMES A WEEK'
- AFTER 24 MONTH 5-6 TIMES A WEEK



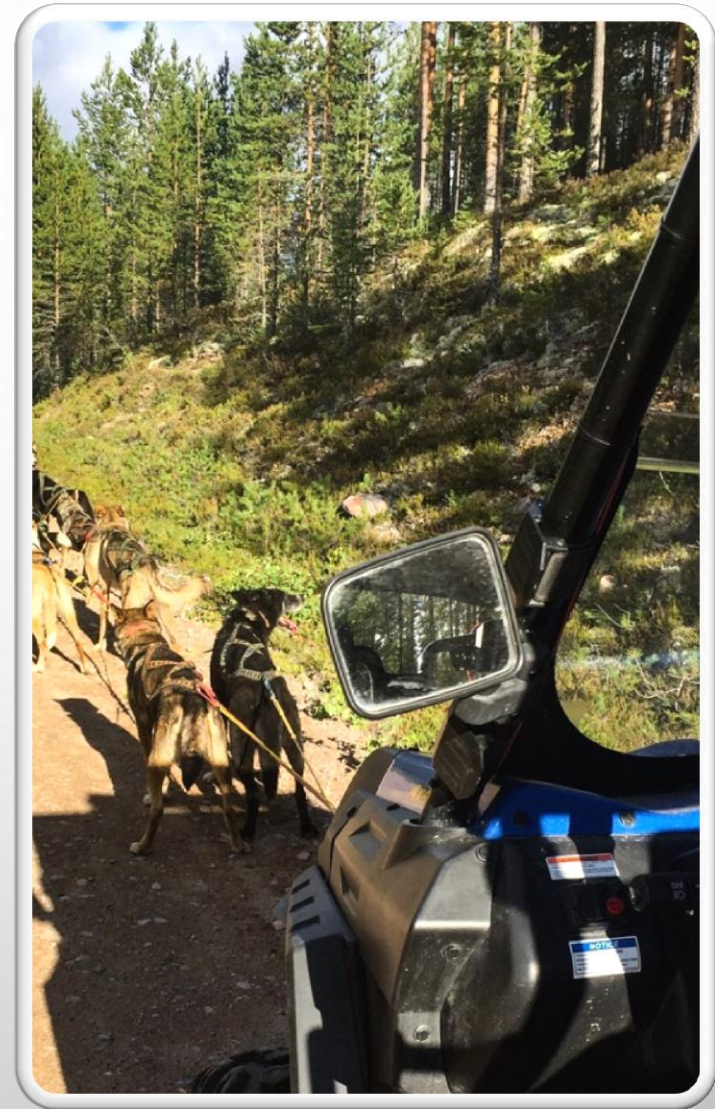
WITCH KIND OF TRAINING?

- BREAK THEM IN WITH SPEED AND JOY
- WHEN THEY UNDERSTAND HOW TO WORK IN HARNESS GIVE THEM MUSCLES AND GOOD FEET
- AFTER 15 MONTH OF AGE YOU CAN TRAIN STAMINA



WHAT METHODS DO YOU USE?

- MOUNTAINBIKE
- KICKBIKE
- SKIS (OF COURSE)
- ATV OR SNOWMOBILE

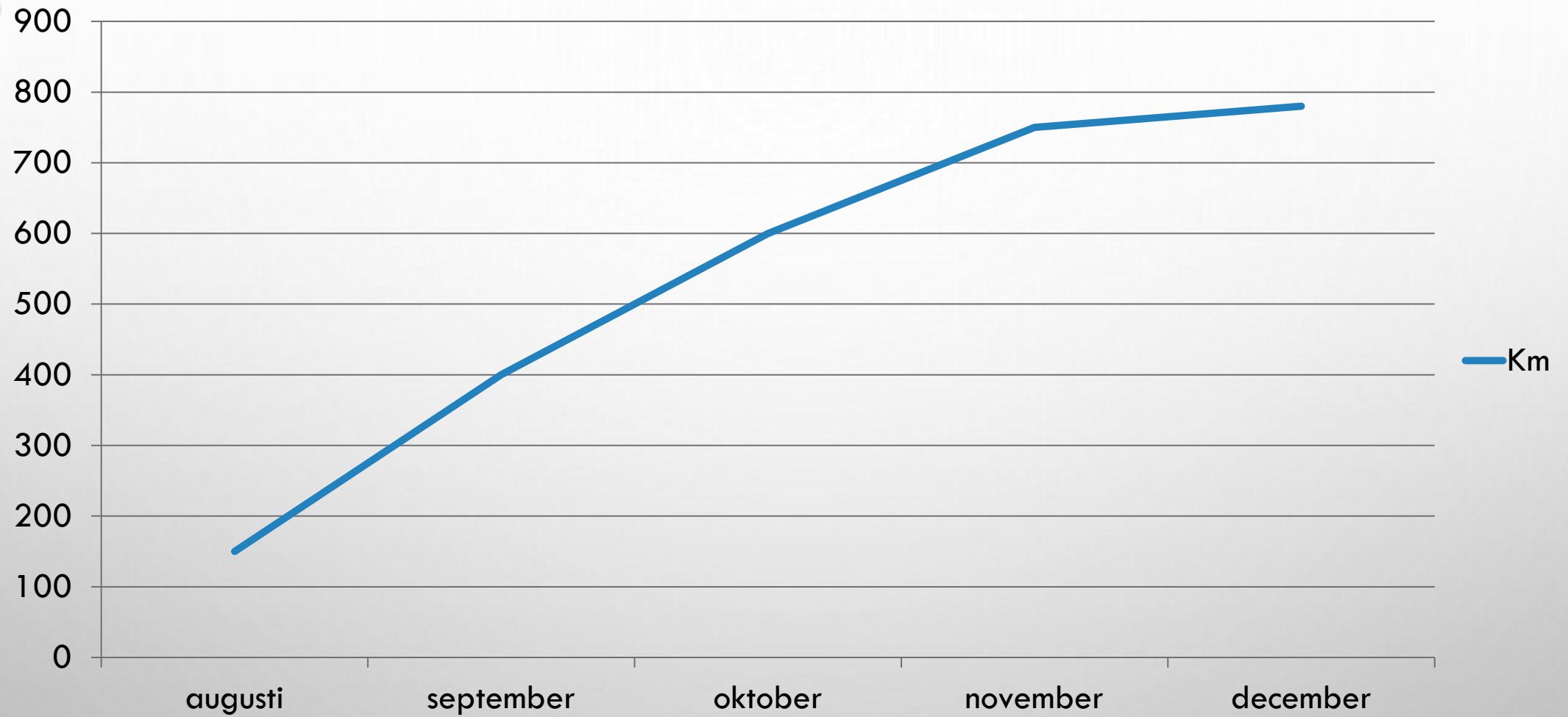


WHAT DIFFERENS DOES IT MAKE?

- FULLY TRAINED DOG CAN WORK FOR 16 HOURS A DAY
- UNTRAINED DOG 1-2 HOURS
- LESS INJURYS
- FAST RECOVERY



Km



HOW TO FEED A WORKING DOG.



WHAT DO THEY NEED?

- PROTEIN AND FAT
- MINERALS
- CARBOHYDRATES (SMALL AMOUNT)
- WATER



WHAT KIND OF FOOD

- HIGH PERFORMANCE DRY FOOD
- HIGH PERFORMANCE RAW FOOD
- ANIMAL FAT & PROTEIN



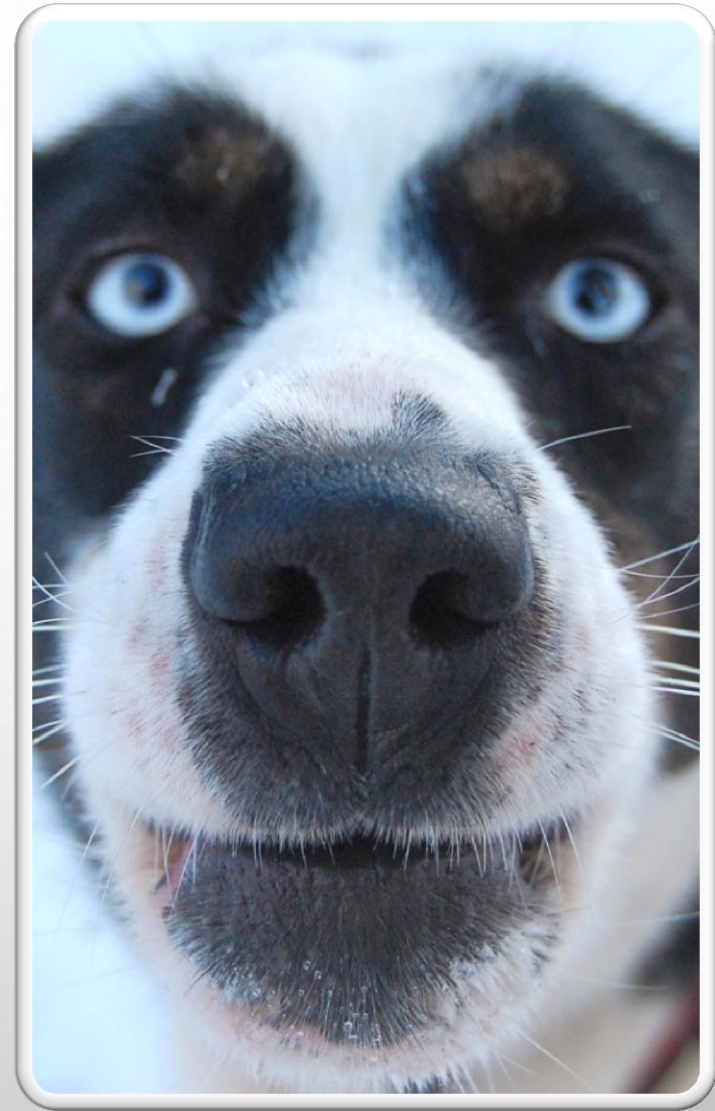
HOW TO FEED

- DEPENDING ON PERFORMANCE
- AT LEAST TWICE A DAY
- HARD WORKING; EVERY OTHER HOUR



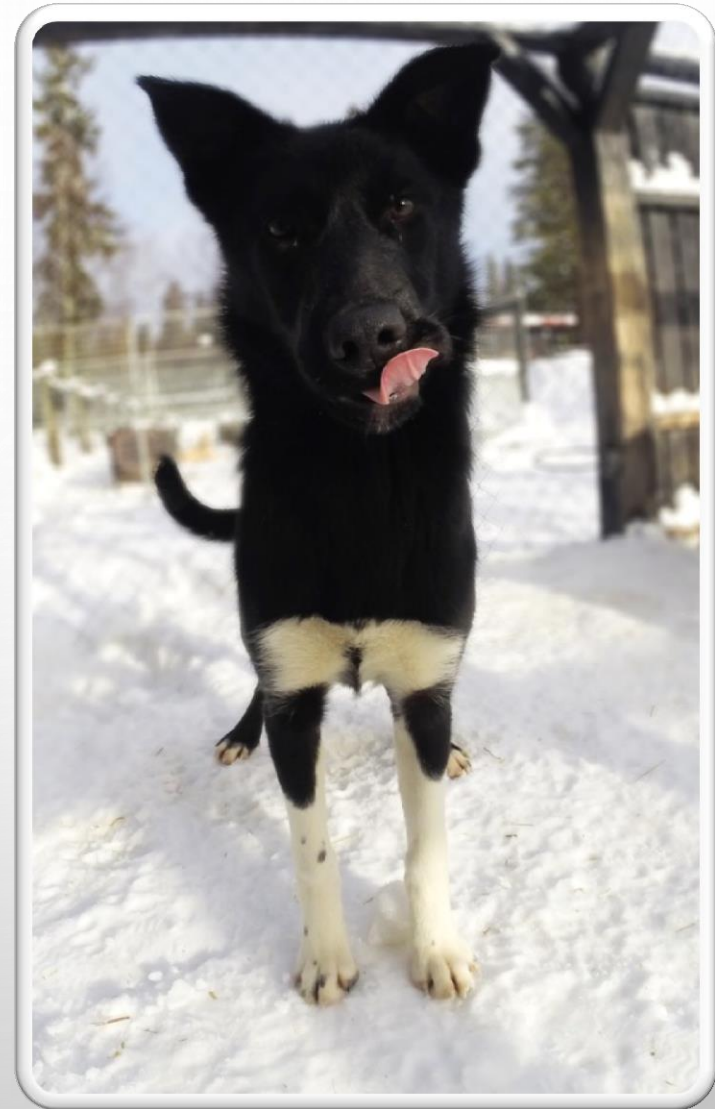
ABOUT WATER

- VERY IMPORTANT TO KEEP THEM HYDRATED
- BEFORE WORK; MEATSOUP
- WHEN THEY WORK; WATER AFTER MEAL
- AFTER WORK; MUCH WATER IN THE FOOD



SNACKS

- KEEP UP THE BLOODSUGAR LEVEL
- FAST ENERGY
- KEEP STAMINA



AFTER WORK

- RECOVERY NEEDS ENERGY!
- GLUKOS
- WATER
- ANTIOXIDANTER (E – VITAMIN)





Thank you for listening!

Peter Karlsson; Swedish Mountain Resque