



# ADVENTURE DOGS

A basis manners guidebook.



# WHAT IS AN ADVENTURE DOG? AND WHO AM I?

**ADVENTURE DOG** - A canine of any breed who is at home on the outdoor patio of a restaurant or hiking up a mountain with a backpack covered in mud. A true adventure dog will sleep soundly in a tent, a hotel room, and in the back of a pickup truck. He'll wait for you at the base of a climb and outside the supermarket while you pick up those last few items for dinner. He'll collect more sticks, scars, and stories than titles or ribbons. Confidence is second nature, his bond to you is first. Adventure dogs live a full rich life alongside their people and rarely get left home on the couch.

I'm Maria Schultz and I specialize in training adventure dogs. I focus on and basic manners and canine fitness to help dogs navigate the suburbs and the backcountry. I believe in the power of positive reinforcement but customize training because no two dogs learn the same. Every dog owner duo needs a tailored plan that builds physical and mental confidence.

Not only am I a dog trainer, I'm also an outdoor athlete, ACA-certified stand up paddleboard instructor, and author of four books, *How to SUP With Your PUP*, *Paddle Tails*, *My Dog and Me*, and *Your Puppy and You*. My first experiences training animals happened in an aquarium alongside marine mammal care trainers. In 2011, I earned a master's degree in education from the University of Mary Washington. A few years later I obtained a dog training certification, and also became a Certified Canine Fitness Trainer. Blending my experiences and education, I've developed training programs for dogs and their people that are fun, engaging, and effective.

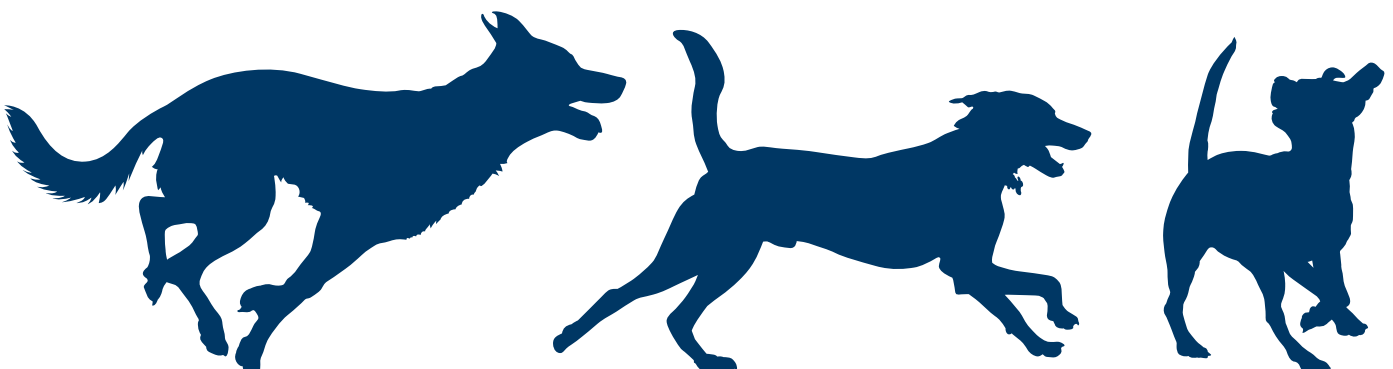


**LIFE IS AN ADVENTURE AND IT'S  
BETTER WITH A DOG BY YOUR SIDE!**

# IT'S NOT JUST TRAINING THAT MAKES AN ADVENTURE DOG!

THE OTHER INGREDIENTS TO MAKING AN  
ADVENTURE DOG ARE **SOCIALIZATION,**  
**BONDING AND ENRICHMENT!**

TRAINING + **SOCIALIZATION** + **BONDING** + **ENRICHMENT** =  
**ADVENTURE DOGS**







## THE BASIC PRINCIPLES OF HOW DOGS LEARN

In order to train our dogs, we first need to understand how dogs learn, because training is simply teaching! Learning can be defined as a long-term change in behavior based on experience. We can create learning experiences through classical conditioning and operant conditioning. For this course we'll be using the principles of operant conditioning. But instead of taking you through an entire semester of psychology, we'll focus on the key components of learning that you'll need to understand when teaching your dog: **timing**, **motivation**, and **consistency**.



### **TIMING**

marking behavior within 1.3 seconds!



### **MOTIVATION**

what does your dog want to work for?



### **CONSISTENCY**

using the same words and tone everytime.

All dogs are different and learn at a different rates. Some dogs are highly motivated quick studies, while others take a little more time to absorb new behaviors. Backgrounds, age, and differences in breeds will affect the rate at which they pick up new behaviors. Every dog is different and each dog's training experience should be customized for each learner type and level of motivation!

Let's explore the basics of timing, motivation, and consistency in the training section first.



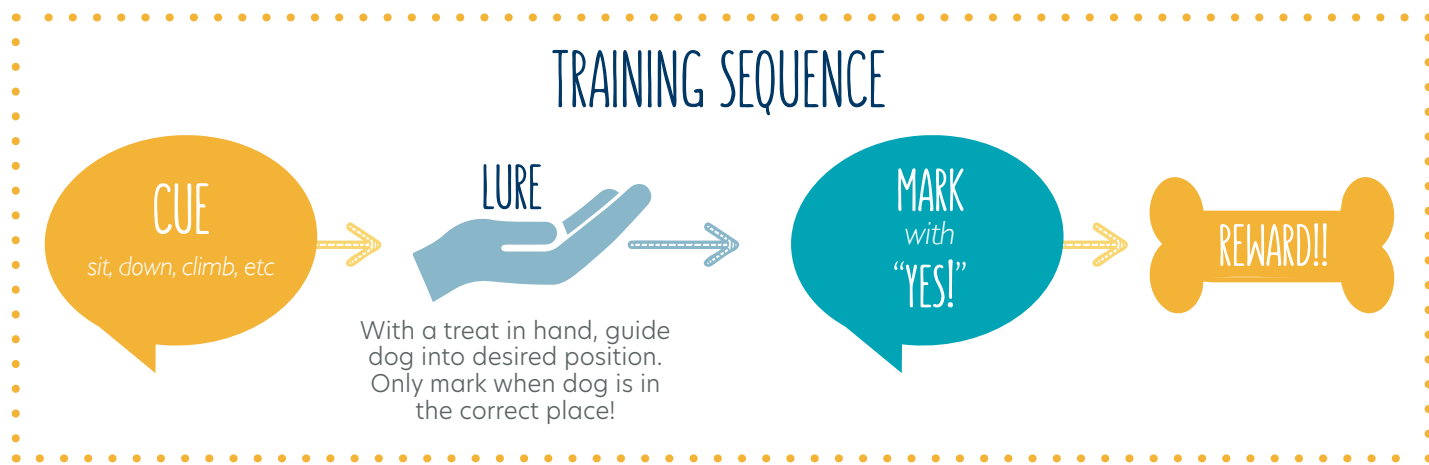


## CONSISTENCY

Dogs aren't born understanding English, so we have to teach them what each word means. Here's a list of vocabulary terms you and everyone in your home should memorize. Also keep in mind your tone of voice. A whispered word and a yelled word can be two different words to a dog. Aim to use a regular everyday tone - you don't need to yell or use a commanding voice, be relaxed and confident.

- Sit:** Your dog's butt is on the ground.
- Down:** Your dog's elbows and belly are on the ground.
- Climb:** Your dog should get all 4 paws onto the object you are luring to.
- Stay:** Your dog should remain in position until released.
- With me:** When your dog walks beside you on a loose leash.
- Come:** Your dog stops what they're doing and returns to you.
- Free:** To release your dog from a climb, sit, down or a stay.
- Off:** Place all four paws on the ground.
- Yes:** Positive marker, dog obeyed, reward is coming.
- Uh-Oh:** That wasn't quite right, let's try again.

Now there's a very important pattern for teaching a cue and teaching with consistency. I call this formula the **training sequence**. This pattern of marking and rewarding behavior will help your dog learn faster and increase communication!



### Never ever repeat a cue cue cue...

Sounds silly, right? As humans we love words, almost too much. Repeating cues only adds confusion. If you need to ask your dog to sit three times, and finally on the third time he sits, your cue will be "sit, sit, sit." Be selective about how much you talk to your dog, and make sure you deliver cues when you have your dog's attention so he's more likely to be successful.

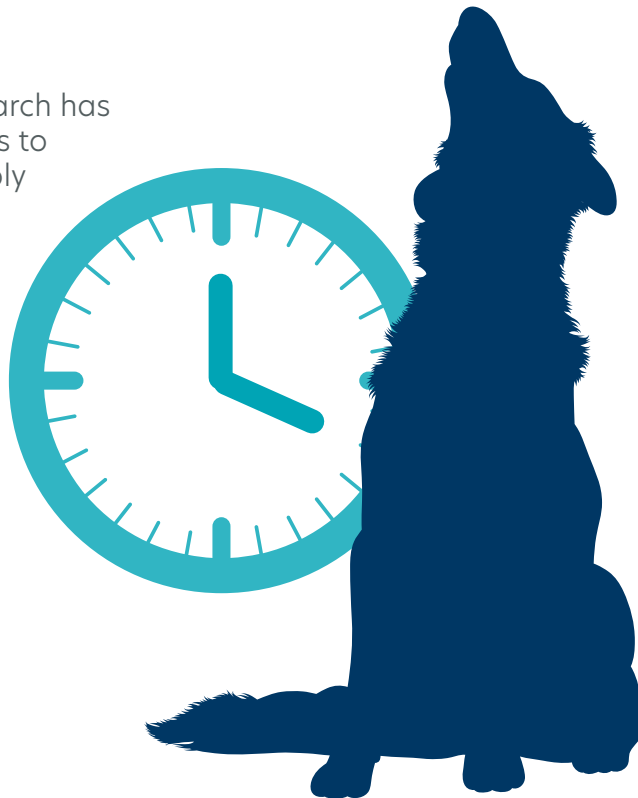




## TIMING

Dogs truly live in the moment. Research has proven that all we get is 1.3 seconds to influence a dog's behavior. It's simply how their brains are wired.

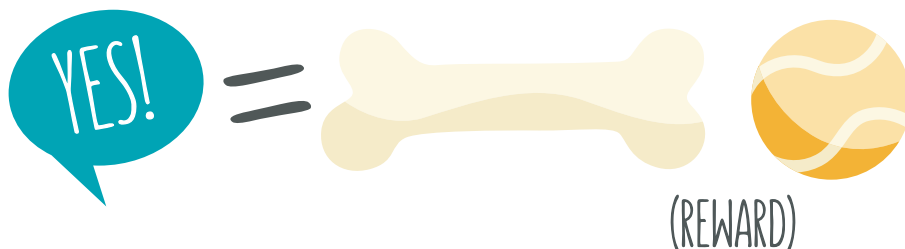
That means we've got to get really good at marking behavior within 1.3 seconds of it happening. For example, when you ask your dog to down, you need to mark and reinforce it within 1.3 seconds of your dog's belly and elbows touching the floor. Let's talk more about what it means to mark and reward behavior next.



## LOADING THE MARKER

Let's create a marker word, it can be any word, but let's use the word "yes". In order to give the word meaning you have to do something called **loading the marker**. All you need to do is say the word "yes", and give your dog a treat without asking for anything at all! Plan to do this simple exercise a few times a day with about 6 treats. Your dog will quickly learn that "yes" is a word that holds meaning, the promise something good is coming. When training a new behavior, a marker word is what tells to your dog that he did what he was supposed to now he's earned a treat.

It's also important for you to get good at saying the word the same way in the same tone each time - that's good consistency!



TIP: IF YOU HAVE A DOG WHO ISN'T FOOD MOTIVATED, YOU CAN USE A TOY, PRAISE, OR PETTING AS THE REWARD AFTER THE MARKER!



## MOTIVATION

Would you go to work each day if you didn't get a paycheck? Dogs are no different and they should be taught to earn praise, treats, and toys through good behavior. Will your dog do anything for food? Maybe you have a retriever and the toss of a tennis ball is what motivates him. Each dog is motivated differently, and it's your job to figure out what your dog wants to work for.

If you're using treats (highly recommended), use a high-value training treat that your dog only gets for training sessions. Soft, stinky foods seem to work the best. Use very small pieces - if your dog has a full belly, he might not be motivated to work very hard!

Picker eater? No problem! You can make your dog earn his kibble by using mealtime as a training session.

*Note:* Petting your dog is also a reward. Dogs who are motivated by love and praise will work for affection!

**Mix it up!** If your dog enjoys love and praise and food, keep things interesting and change up the rewards.




TIP: WHEN IT COMES TO TRAINING SESSIONS, THINK QUALITY OVER QUANTITY. IT'S EASY TO OVERWORK A DOG AND WE NEED TO AVOID THAT. AIM FOR SHORT SESSIONS, AND ALWAYS END ON A POSITIVE NOTE!

## WHAT DOES IT REALLY MEAN TO SOCIALIZIZE A DOG?

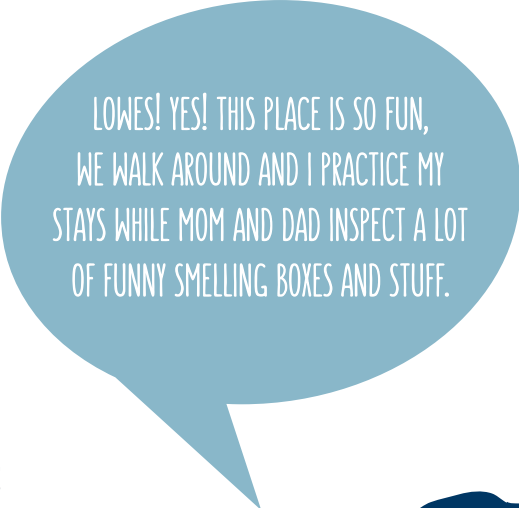
**Socialize** - [with object] make (dog) behave in a way that is acceptable to their society: newcomers are socialized into orthodox ways | (as adjective, socializing): a socializing effect.

**But how does this translate to canines who live and interact in the human world?** Great question! Most people think that socializing a dog means letting their dogs play and interact with other dogs. While this is true and, in most cases, a good idea, it's only one small part of socializing. In order to be confident and navigate the human landscape comfortably, a dog needs to be exposed to a variety of **sights, sounds, people, environments**, and situations **constantly**, and preferably at a very young age. If you have an older dog or a rescue, it's never too late to work on socializing, it will just take longer for your older pup to gain confidence.

The goal is to have the novelty effect of new stuff wear off. The more your dog goes out and experiences, the less new and exciting things are. You should always view outings as training opportunities - but keep these experiences short and positive for your pup! Anything belabored or negative will set confidence building back.




BEEN HERE, DONE THIS!  
I GET TO HANG OUT UNDER THE TABLE  
AND PEOPLE WATCH, OH AND IF I'M  
GOOD I'LL GET A FRENCH FRY AT  
THE END OF MY HUMAN'S MEAL!




LOWES! YES! THIS PLACE IS SO FUN,  
WE WALK AROUND AND I PRACTICE MY  
STAYS WHILE MOM AND DAD INSPECT A LOT  
OF FUNNY SMELLING BOXES AND STUFF.

### Expose your dog to everything!



- Walk in the woods
- Play near and in water
- Walk in sand, snow, mud, and grass
- Home Depot
- Car rides
- Drive-throughs
- Pet stores
- Have friends over to visit
- Crowded streets
- Night walks
- Outdoor concerts
- Outdoor restaurants
- Play on agility equipment



- Other animals (safely)
- Visit playgrounds
- Play with kids
- Bicycles
- Lawnmowers
- Vacuum cleaners
- Doorbells
- Lowes
- Take your dog to work
- Wheelchairs
- Strollers
- Baseball games
- Farmer's markets



## BONDING WITH YOUR DOG

A dog who chooses to be by his owner's side, offers eye contact regularly, and comes when called even under distractions is a dog who has a strong attachment to his owner. A dog who has a strong bond will choose you over other things, and that's ideally the kind of dog most people want in their lives. But having that level of loyalty takes time and patience to cultivate. Taking the time to get to know your dog, and finding ways to strengthen that bond will take time, but it's worth the investment. Every dog in your life will need different types of bonding activities to feel connected to you.

### Examples of bonding activities:

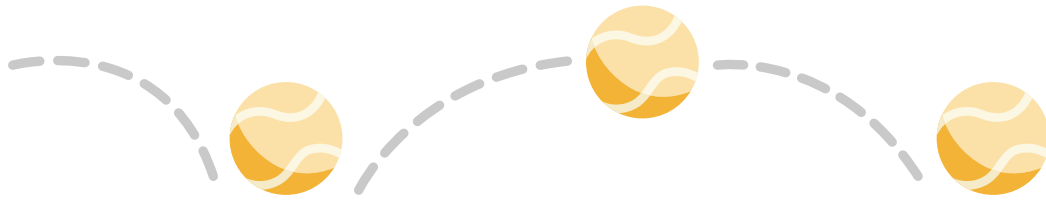
- Hand feeding
- Sleeping together
- Taking group obedience classes
- Going on road trips
- Working your dog through challenging situations if they're fearful
- Learning new sports together like, agility, dock diving or paddleboarding
- Playing games like hide-and-seek
- Grooming your dog
- Just sitting on the couch together and being close
- Finding special tricks or routines that you both enjoy
- Taking trick classes or manners classes together
- Establishing a daily routine that provides your dog with a comfortable schedule
- Setting goals and working on them together like a Canine Good Citizen Certificate
- Grab a copy of this book and create a [Bucket List](#) for your dog to inspire new ideas



If your dog is glued to your side, the chances of him finding trouble are a lot less likely. You can also think of it this way - your dog will never leave you if you have a strong bond. There are dogs that run away, and dogs that run off. Dogs that run off might just be giving into their instincts and chasing critters or following a scent - but it's ultimately your bond that brings him back to your side.

Bonds aren't formed overnight. It takes a long time to establish a trusting strong connection with a dog, and every dog bonds differently. Be gentle and kind because when you finally have that bond - it's a remarkable relationship.

## ENRICHMENT AND WHAT IT IS



Every breed of dog was born and bred to assist humans with a task. They were designed to make our lives easier with jobs like hunting, protecting, herding, watching, and comforting. But since most of us aren't hunter gatherers anymore it's important to help our dogs find creative outlets for their natural instincts and tendencies. It's important to remember that behaviors like herding, digging and nipping are tools that breeds use to do their jobs, and that they are born with these instincts. It's not fair or easy to try and train an instinct out of a dog. Instead, we need to find ways to channel those "problem behaviors" into something more constructive. Finding the right enrichment activities will make for a happier more satisfied dog at the end of each day. Aim to include **3-4 enrichment activities** into your dog's day.

### Any activity can be considered enriching:

- Daily walks
- Training classes
- Car rides
- Field trips
- Outdoor adventures
- Play dates
- Food dispensing toys
- Puzzle toys
- Frozen Kongs
- Trick training
- Dog sports
- Bones/antlers/bully sticks
- Sniffy walks
- Chase games
- Tug games
- Home training



## ENRICHMENT PRODUCTS WE LOVE

### Food and puzzle toys

[KONG Wobbler](#)

[Omega Tricky Treat Ball](#)

[Outward Hound Slow Feeder](#)

[KONG Classic](#)

### Backyard Agility

[Tunnel](#)

[Jumps](#)

### Unique fetch toys

[Chuckit Fetch Wheel](#)

[Chuckit Fetch Kick](#)

[Ruffwear Huckama](#)

[KONG Airdog Squeaker Dumbell](#)

### Books for trick training

[51 Puppy Tricks](#)

[The Big Book of Tricks for the Best Dog Ever](#)



# THANK YOU!

For more training,  
questions or inspiration  
please keep in touch.  
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