

## **Example Training Plan NW3 Title**

### **Row 1 (3 months Jan – Mar 2025)**

Research applicable trials, update calendar with entry dates, enter trials (L1V, L1C, NW3) (Northridge, Paso Robles, Goleta?)

Work Mental Management Program (create new Directive Affirmation/more journaling)

Attend Monday class

Practice 2X per week outside of class

Practice NW3 level skills

Odor Challenges

- Converging Odor
- Trapping Odor
- Blank Areas
- Elevation – 3' – 6'

Other:

- Knowing when we are done
- Covering search area
- Continue work on motivation, independence, hunt drive
- Leash handling skills – when on/off is best
- Weather, heating/cooling, wind, rain, cold, hot

Continue to build skills on container searches:

- Type: Boxes, Plastic Shoeboxes, Toolboxes, paint cans
- Configurations: “U”, circle, “L”, straight line, random, 2 rows, 3 rows
- Number of containers: 12, 16, 20, 24
- Distractors: all categories (meat, cheese, carbohydrate, fruit vegie/ball or kong)

Enter Northridge Trial NW3 (2-2-25)

Attend Barbara Schwerdt’s Coaching Day (2-8-25)

Enter an upcoming L1V trial (2-25-25)

Enter CCNC Sniff & Go (3-22-24)

### **Row 2 (3 months Apr – June 2025)**

Research applicable trials, update calendar with entry dates, enter trials

Attend Monday class

Practice 2X week outside of class (minimum)

Add a drop-in class with Jeni 1X per month (Thur or Fri?)

Set up 2 practice with NW Buddies (new areas)

Look for live NW seminar and enter this year

Attend online Workshop (Watch 3 videos from Dog’s of Course Winter Virtual Webinar)

Take Reacher to swim at Avila lagoon 2X this month

Enter upcoming L1C Trial (TBD)

Actively work Mental Management Program in life and class and trials

**Row 3 (3 months Jul – Sep 2025)**

Enter as many trials as possible within distance and schedule constraints

Attend Monday Class

Practice 2X week outside of class

Continue drop-ins in Jeni's class 1X month

Practice with Jeni and Betty 3X (New places AG HS, middle school)

Review videos and work on any skills that need improvement (See list above)

Attend a live NW Seminar (TBD)

Watch 3 online video from Dog's of Course Virtual Webinar

Enter L2C Trial (date TBD)

Build Reacher's endurance, beach walks

Mental Management – create new “feel good” music list

**Row 4 (3 months Oct – Dec 2025)**

If necessary, enter as many trials as possible within distance and schedule constraints

Attend Monday class

Practice 2X week outside of class

Set up training with NW buddies 3X (include 2 new places Cal Poly, Jerry's house)

Add in more practice for Elite level Trials:

- Larger search areas
- More hides
- Close proximity
- Converging odor
- Trapping odor
- Elevation – higher
- Suspended hides
- Endurance
- Motivation/Hunt drive

Attend Silke Wittig Workshop (date TBD)

Build Reacher's endurance – hiking (Fiscalini Ranch Preserve, Betsy's Ranch)

Enter L2E

Enter Elt-S (TBD)

Teah Anders

12-13-24