Streed-Specific Walking Guide

Optimal Walking Times for Dogs by Breed

VERY HIGH ENERGY BREEDS (60-90 minutes daily)

Border Collie

Daily Need: 75-90 minutes

• **Sessions:** 2-3 walks of 25-45 minutes

• Special Notes: Needs mental stimulation; vary routes frequently

Weather Sensitivity: Moderate; handle most conditions well

• Age Adjustments: Puppies: 5min/month age; Seniors: 45-60 minutes

Australian Shepherd

Daily Need: 60-90 minutes

Sessions: 2-3 walks of 20-45 minutes

• Special Notes: Herding instinct; may nip at heels if under-exercised

Weather Sensitivity: Good in most weather; thick coat helps in cold

Age Adjustments: Puppies: 5min/month age; Seniors: 40-50 minutes

Siberian Husky

Daily Need: 60-90 minutes

Sessions: 2 walks of 30-45 minutes

Special Notes: Built for endurance; may escape if under-exercised

Weather Sensitivity: Excellent in cold; HIGH RISK in heat (reduce 50% above 75°F)

Age Adjustments: Puppies: 5min/month age; Seniors: 45-60 minutes

Jack Russell Terrier

Daily Need: 60 minutes

Sessions: 2-3 walks of 20-30 minutes

Special Notes: High prey drive; secure leash essential

Weather Sensitivity: Generally hardy; watch in extreme temperatures

Age Adjustments: Puppies: 5min/month age; Seniors: 30-40 minutes

🏃 HIGH ENERGY BREEDS (45-60 minutes daily)

Labrador Retriever

Daily Need: 45-60 minutes

Sessions: 2 walks of 20-30 minutes

Special Notes: Food-motivated; great for training during walks

Weather Sensitivity: Water-resistant coat; good in most conditions

Age Adjustments: Puppies: 5min/month age; Seniors: 30-40 minutes

Golden Retriever

Daily Need: 45-60 minutes

Sessions: 2 walks of 20-30 minutes

Special Notes: Social breed; enjoys meeting other dogs

Weather Sensitivity: Thick coat; reduce time in heat by 25%

Age Adjustments: Puppies: 5min/month age; Seniors: 30-40 minutes

German Shepherd

Daily Need: 50-60 minutes

Sessions: 2 walks of 25-30 minutes

Special Notes: Working breed; benefits from varied terrain

Weather Sensitivity: Adaptable; watch for hip issues in seniors

Age Adjustments: Puppies: 5min/month age; Seniors: 30-45 minutes

Beagle

Daily Need: 45 minutes

Sessions: 2 walks of 20-25 minutes

Special Notes: Scent-driven; allow plenty of sniffing time

Weather Sensitivity: Generally hardy; short coat needs protection in cold

Age Adjustments: Puppies: 5min/month age; Seniors: 25-35 minutes

MODERATE ENERGY BREEDS (30-45 minutes daily)

Cocker Spaniel

Daily Need: 35-45 minutes

Sessions: 2 walks of 15-25 minutes

• Special Notes: Gentle temperament; good for calm, steady walks

Weather Sensitivity: Long ears prone to infection in wet weather

Age Adjustments: Puppies: 5min/month age; Seniors: 20-30 minutes

Standard Poodle

Daily Need: 40-45 minutes

• Sessions: 2 walks of 20-25 minutes

• Special Notes: Intelligent; enjoys mental challenges during walks

Weather Sensitivity: Curly coat provides good insulation

Age Adjustments: Puppies: 5min/month age; Seniors: 25-35 minutes

Brittany Spaniel

Daily Need: 45 minutes

Sessions: 2 walks of 20-25 minutes

Special Notes: Hunting background; may point at birds/small animals

Weather Sensitivity: Good in most conditions; athletic build

• Age Adjustments: Puppies: 5min/month age; Seniors: 30-35 minutes

Miniature Poodle

Daily Need: 30 minutes

Sessions: 2 walks of 15 minutes

Special Notes: Smaller size; good apartment dog

Weather Sensitivity: May need coat in cold weather

Age Adjustments: Puppies: 5min/month age; Seniors: 15-20 minutes

LOW-MODERATE ENERGY BREEDS (20-30 minutes daily)

Bulldog

• Daily Need: 20-25 minutes

Sessions: 2-3 short walks of 7-12 minutes

Special Notes: FLAT-FACED BREED: High heat risk, slow pace essential

- Weather Sensitivity: EXTREME HEAT SENSITIVITY reduce 50% above 75°F
- Age Adjustments: Puppies: 3min/month age; Seniors: 10-15 minutes

Basset Hound

Daily Need: 25-30 minutes

Sessions: 2 walks of 12-15 minutes

Special Notes: Short legs, long back; avoid jumping/stairs

• Weather Sensitivity: Low energy helps in heat; ear care in wet weather

Age Adjustments: Puppies: 4min/month age; Seniors: 15-20 minutes

Great Dane

Daily Need: 30 minutes

Sessions: 2-3 walks of 10-15 minutes

Special Notes: Gentle giant; avoid overexertion despite size

• Weather Sensitivity: Large size makes overheating easier

Age Adjustments: Puppies: 5min/month age (joint care!); Seniors: 15-25 minutes

Shih Tzu

Daily Need: 20-25 minutes

Sessions: 2 walks of 10-12 minutes

• Special Notes: FLAT-FACED BREED: Monitor breathing carefully

Weather Sensitivity: Long coat helps in cold; heat sensitive

Age Adjustments: Puppies: 3min/month age; Seniors: 10-15 minutes

LOW ENERGY/SPECIAL NEEDS BREEDS (15-25 minutes daily)

Pug

Daily Need: 20 minutes

Sessions: 2-3 walks of 7-10 minutes

Special Notes: FLAT-FACED BREED: Extreme breathing concerns

Weather Sensitivity: VERY HIGH HEAT RISK - reduce 60% above 75°F

Age Adjustments: Puppies: 3min/month age; Seniors: 8-12 minutes

French Bulldog

Daily Need: 15-20 minutes

Sessions: 2-3 walks of 5-10 minutes

Special Notes: FLAT-FACED BREED: Can't regulate temperature well

Weather Sensitivity: EXTREME HEAT/COLD SENSITIVITY

Age Adjustments: Puppies: 2-3min/month age; Seniors: 8-12 minutes

Cavalier King Charles Spaniel

Daily Need: 20-25 minutes

Sessions: 2 walks of 10-12 minutes

Special Notes: Heart conditions common; watch for fatigue

Weather Sensitivity: Moderate; long coat provides some protection

Age Adjustments: Puppies: 3min/month age; Seniors: 10-15 minutes

Yorkshire Terrier

Daily Need: 20 minutes

Sessions: 2-3 walks of 7-10 minutes

Special Notes: Tiny size; protect from larger dogs and predators

Weather Sensitivity: VERY COLD SENSITIVE - needs coat below 45°F

Age Adjustments: Puppies: 2min/month age; Seniors: 8-12 minutes

SPECIAL CONSIDERATIONS BY CATEGORY

Flat-Faced (Brachycephalic) Breeds

Includes: Bulldogs, Pugs, French Bulldogs, Boston Terriers, Shih Tzus

Heat Risk: Extreme - reduce walking times by 50-60% above 75°F

Breathing: Monitor constantly for labored breathing

Pace: Always slow and steady

Warning Signs: Blue tongue/gums = EMERGENCY

Cold Weather Breeds

Includes: Huskies, Malamutes, Saint Bernards

Heat Sensitivity: Reduce times by 40-50% in warm weather

• Cold Tolerance: Can handle longer walks in winter

• **Summer Strategy:** Early morning/late evening only

Small Breeds (Under 25 lbs)

Includes: Chihuahuas, Yorkies, Maltese

• Cold Sensitivity: Need coats below 45°F

• **Stamina:** Shorter legs = shorter recommended distances

• Safety: Watch for larger dogs, hawks, and other predators

Giant Breeds (Over 100 lbs)

Includes: Great Danes, Mastiffs, Saint Bernards

• **Joint Care:** Avoid overexertion, especially as puppies

• **Heat Risk:** Large body mass = easier overheating

• Senior Care: Often age faster; reduce exercise earlier

QUICK BREED LOOKUP TABLE

Breed	Daily Minutes	Sessions	Heat Risk	Cold Risk	Special Notes
Border Collie	75-90	2-3	Low	Low	Mental stimulation essential
Labrador	45-60	2	Low	Low	Food motivated
Bulldog	20-25	2-3	EXTREME	Moderate	Flat-faced breathing issues
Pug	20	2-3	EXTREME	Moderate	Heat stroke risk
Husky	60-90	2	HIGH	Very Low	Built for cold
Chihuahua	15-20	2-3	Moderate	EXTREME	Tiny size vulnerabilities
German Shepherd	50-60	2	Low	Low	Working breed needs
French Bulldog	15-20	2-3	EXTREME	High	Breathing difficulties
Golden Retriever	45-60	2	Moderate	Low	Social, thick coat
Beagle	45	2	Low	Low	Scent-driven
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UNIVERSAL EMERGENCY SIGNS

Stop walking immediately if ANY dog shows:

Heavy panting that doesn't slow after rest

- Drooling excessively
- Staggering or weakness
- Bright red or blue tongue/gums
- Vomiting or diarrhea
- Unwillingness to continue

Remember: These are guidelines for healthy adult dogs. Always adjust for individual health, age, and fitness level. When in doubt, consult your veterinarian.

Get personalized recommendations with our walking calculator at: strolldog.com