

# OBSTACLE

# GUIDE



**THE ULTIMUTT TRAINING GUIDE FOR RACE DAY**

# IMPORTANT NOTICE

By choosing to continue reading this guide, you are agreeing to the following terms:

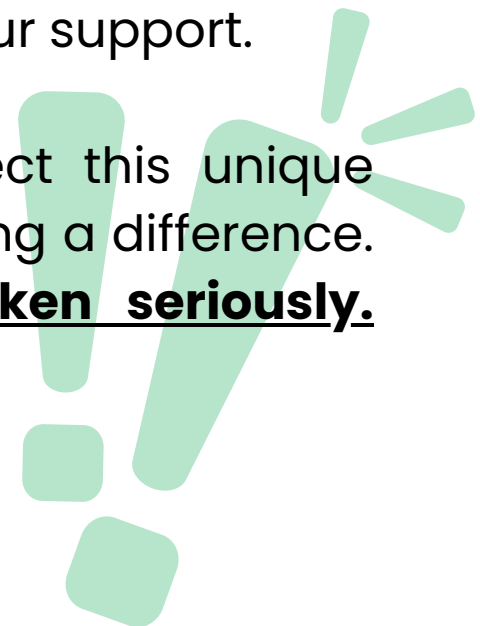
The content within this training guide is the intellectual property of UltiMutt Race and is provided solely for your personal use. It may not be shared, copied, distributed, or published without explicit written permission from UltiMutt Race.

We've poured countless hours and passion into designing a one-of-a-kind race that challenges both humans and dogs while supporting important philanthropic efforts. Stealing or sharing this information without permission not only undermines our hard work but could jeopardize the future of the race and the shelters that depend on our support.

Remember: Respect our efforts, protect this unique experience, and help us continue making a difference.

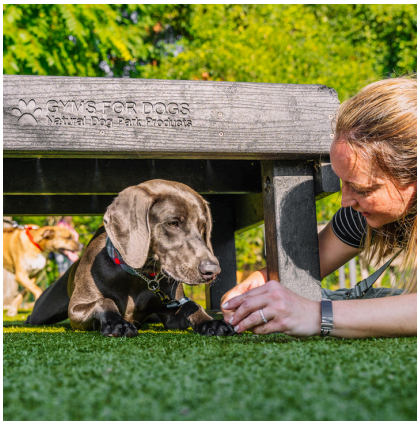
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**Thank you for understanding.**



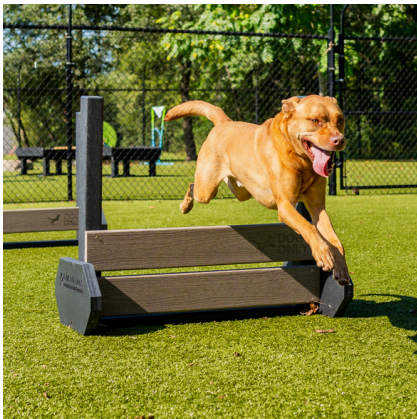
# THE BASICS

UltiMutt is designed to be achievable by all. There are 3 basic skills that will help you overcome the majority of obstacles in an UltiMutt Race.



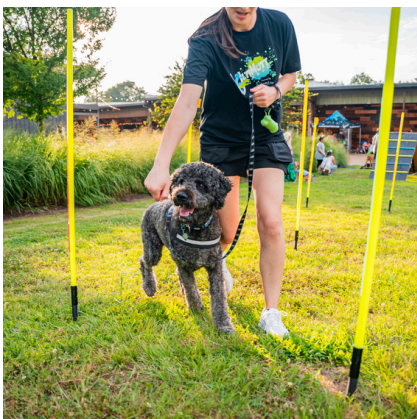
## Crawl Under

[Click here to learn this skill](#)



## Jump Over

[Click here to learn this skill](#)



## Weave Through

[Click here to learn this skill](#)

# OUR OBSTACLES

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Hay Bale Hurdles

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Rin Spin Spin

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Oasis Waterslide

10

Doggie Bag Carry

3

Neighbor's Yard

11

Weave Poles

4

A-frame

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Teeter Totters

5

Muddy Buddy Crawl

13

Ball Haul

6

Foam Bubble Tunnel

14

Under/Over Logs

7

Rainbow Ball Tunnel

15

Tug & Toss

8

Frisbee Toss

16

Big AirBattlebeam

17

Blaze of Glory



1



# HAY BALE HURDLES

**Skills:** Jumping over objects with owner

**How To Train:** Stack pillows or rolls of toilet paper to create hurdles down a hallway



# 2



## OASIS WATERSLIDE

**Skills:** How do you and your dog slide the fastest? Holding him in lap? Him running beside?

**How To Train:** Eliminate any fear of sliding by practicing at home and rewarding with a treat. Find a slide or a smaller steep hill at first and then move to bigger slides/hills.

# 3



## NEIGHBOR'S YARD

**Skills:** Jumping through objects with owner.

**How To Train:** Use a hula hoop or cut a “dog-size” hole out of a large piece of cardboard. Tape it between 2 chairs and practice prompting dog to jump through it.



# 4



## A-FRAME

**Skills:** Climbing up a steep object and down the other side. Teaching Dog a "Stop" Command, may help your dog wait for you to climb over.

**How To Train:** If you'd like to construct your own standard size A-frame, there are many YouTube tutorials.





# 5



## MUDDY BUDDY CRAWL

**Skills:** Crawling beside your dog. Small dogs will probably not have to crawl to get through this one, but it may be a cute bonding moment anyway.

**How To Train:** Get some yarn and chairs, string the yarn from chair to chair about 2 feet off the ground. Practice crawling under with your dog.



PHOTOS PRESENTED BY:

**DOG CULTURE**

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# FOAM BUBBLE TUNNEL

**Skills:** Running through bubbles with dog.

**How To Train:** Make sure you have dog safe bubbles and have fun in the yard!



# RAINBOW BALL TUNNEL

**Skills:** Crawling through tunnel with lots of balls/distractions.

**How To Train:** Set up a blanket tunnel! Use blankets and chairs to create a tunnel, placing your dog's favorite toys as distractions. Teach a command like "crawl" to keep them focused on moving through the tunnel.

# 8



## FRISBEE TOSS FOR THE CANINE HEALING PROJECT

**Skills:** Hand-eye coordination while holding the leash. Make sure dog stays still.

**How To Train:** Frisbee Practice at home. Use an circular target 30 ft away.



EVERY SUCCESSFUL THROW THROUGH THE HOOP = \$1 DONATION TO NOBLE DOG HOTEL'S NON PROFIT, CANINE HEALING PROJECT! TRAINING SHELTER DOGS TO BECOME THERAPY DOGS TO VOLUNTEER AT LOCAL HOSPITALS, NURSING HOMES, & SCHOOLS



[How To Video](#)

# RIN SPIN SPIN

**Skills:** Leg strength to spin the wheel, quick movement to reach the tire, and proper clipping technique to attach to the dog's harness. Drag or tug commands.

**How To Train:** Practice pulling exercises with your dog using a dedicated rope. Never use a leash or have them pull from the collar to avoid strain. Always use a proper pulling harness, available online, for safe training.



# 10



## DOGGIE BAG CARRY

**Skills:** Carrying heavy object for 100 meters.

**How To Train:** You can use any heavy item and build endurance. Fill a bucket with sand, rocks, or fill a water jug.



# 11



## WEAVE POLES

**Skills:** Guiding your dog to weave in and out of poles, maintaining agility and coordination.

**How To Train:** Set up weave poles using items like posts, flags, cones, or bamboo sticks, spaced 2 feet apart. Practice moving through the poles together, alternating between right and left directions.



# 12



## TEETER TOTTERS

**Skills:** Guiding your dog to weave in and out of poles, maintaining agility and coordination.

**How To Train:** Start with the board on the ground and gradually raise the height. Reward your dog's progress, be patient, and use a spotter if needed. Introduce a wobble board first to help your dog adjust to shifting surfaces. Watch Youtube videos!



PHOTOS PRESENTED BY:

**ANIMAL DERMATOLOGY  
CLINIC**



# 13



## BALL HAUL

**Skills:** You will transport 4 balls up a hill, 1 at a time. If your dog carries 2, you'll only have to make 2 trips. If not, you'll make 4 trips. Most important here is practice for cardio.

**How To Train:** If your dog loves a ball, this will be easier. We use Chewy's "Holey Roller" balls during the race.



# 14



## UNDER/OVER LOGS

**Skills:** Jumping over the hurdles w/ banners, crawling under the next, consecutively with your dog. Use command for "over" & "under" so your dog knows what to do.

**How To Train:** Create hurdles with 2 chairs and 1 broom stick lying across. You can replicate banners by lying a blanket over the broomstick between the chairs.



PHOTOS PRESENTED BY:

**CANINE HEALING PROJECT**

# 15

[How To Video](#)



## TUG & TOSS

**Skills:** Clip the rope to your dog's harness, then coax them to back up, sit, and stay. Throw the football through the banner they raised.

**How To Train:** Practice the sit and stay commands with leash tension. For yourself, work on improving your football throwing skills, aiming for the target.



# 16



## BIG AIR BATTLEBEAM

**Skills:** Walk Across the Beam & Planks with your Dog without falling off.

**How To Train:** Practice the "Jump Up" command with a chair or table. Reward. Then, advance to Find a long flat surface and practice "Jump UP" then walking across WITH your dog.



# BLAZE OF GLORY

**Skills:** Jumping from a 2-foot-high platform while maintaining focus past flames.

**How To Train:** Use a 2-foot-high platform, such as a step or porch, to practice the jump. Focus on building confidence in landing safely.



# TRAINING PLAN

It is recommended to visit your veterinarian before participating in any exercise program with your dog.

Make sure to warm up or jog for 5 minutes and then stretch before each workout.

Never force your dog to exercise, walk, or run against his will.

If training for 2.5k race, only complete half of all mileage.

To begin training at 12 weeks out, simply complete each week twice before proceeding.

**JOIN THE ULTIMUTT TRAINING CLUB!**





ULTIMUTT RACE 5K

# TRAINING PLAN

	Mon	Tues	Wed	Thurs	Fri	Sat/Sun
<b>Week 1</b>	Run/Walk 1 mile with dog. <small>*Option: alternate running 30 sec.&amp; walking 1 min.</small>	25 squats 25 push ups 10 sprints w/ dog	Run/Walk 1 mile with dog. <small>*Option: alternate running 30 sec.&amp; walking 1 min.</small>	Run up hill or stairs 25 times w/ dog	Run/Walk 1 mile with dog. <small>*Option: alternate running 30 sec.&amp; walking 1 min.</small>	Take dog to park and walk/jog for 2-3 miles.
<b>Week 2</b>	Run/Walk 1.5 miles with dog. <small>*Option: alternate running 30 sec.&amp; walking 1 min.</small>	25 squats 25 push ups 20 jump over an object w dog on leash 10 bear crawls w dog	Run/Walk 1.5 miles with dog. <small>*Option: alternate running 30 sec.&amp; walking 1 min.</small>	30 step ups (alternating legs) run up hill/stairs 15 times 30 tricep dips 30 crunches	Run/Walk 1.5 miles with dog. <small>*Option: alternate running 30 sec.&amp; walking 1 min.</small>	Take dog to park and walk/jog for 2-3 miles.
<b>Week 3</b>	Run/Walk 2 miles with dog. <small>*Option: alternate running 30 sec.&amp; walking 1 min.</small>	35 squats 30 push ups 100 m forward lunges 10 sprints w dog	Run/Walk 2 miles with dog. <small>*Option: alternate running 30 sec.&amp; walking 1 min.</small>	30 push ups 25 bicep curls w/ dog or weight equivalent 30 tricep dips 2 (30sec) plank holds	Run/Walk 2 miles with dog. <small>*Option: alternate running 30 sec.&amp; walking 1 min.</small>	Take dog to park and walk/jog for 2-3 miles.
<b>Week 4</b>	Run/Walk 2.5 miles with dog. <small>*Option: alternate running 30 sec.&amp; walking 1 min.</small>	6 (100m) side shuffle squats (3 down/3 back) 100m forward lunges 100m backward lunges 40 squats	Run/Walk 2.5 miles with dog. <small>*Option: alternate running 30 sec.&amp; walking 1 min.</small>	20 push ups 40 mountain climbers 30 tricep dips (repeat 3x)	Run/Walk 2.5 miles with dog. <small>*Option: alternate running 30 sec.&amp; walking 1 min.</small>	Take dog to park and walk/jog for 3-4 miles.
<b>Week 5</b>	Run/Walk 3 miles with dog. <small>*Try to run all 3 miles with only 3 breaks</small>	25 squats holding dog/weight 30 crunches 25 jump over object w/ dog (repeat 2 rounds)	Run/Walk 3 miles with dog. <small>*Try to run all 3 miles with only 3 breaks</small>	12 crab walks 12 bear crawls Play fetch for 2 rounds of 12 tosses	Run/Walk 3 miles with dog. <small>*Try to run all 3 miles with only 3 breaks</small>	Take dog to park and walk/jog for 3-4 miles.
<b>Week 6</b>	Run/Walk 3 miles with dog. <small>*Try to run all 3 miles</small>	25 squats 25 push ups 25 crunches 25 jump over object w dog (repeat 2 rounds)	Run/Walk 3 miles with dog. <small>*Try to run all 3 miles</small>	Play fetch for 2 rounds of 12 tosses 10 jump over object w/ dog	Rest Day Stretch. You & your dog should hydrate.	<b>Race Day!</b>