



DOG TRAINING & OBEDIENCE

*A repeatable ten-minute routine that turns
scattered practice into steady progress.*

CPC Dog Training

DIGITAL SELF-HELP GUIDE



The 10–Minute Daily Drill

*A repeatable ten-minute routine that turns
scattered practice into steady progress.*

CPC DOG TRAINING

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WELCOME

Before You Begin

If you've ever started training with real enthusiasm and quietly stopped two weeks later, this book is for you. Here's the thing almost nobody says out loud: most dog training doesn't fail because the technique was wrong. It fails because life got busy and the sessions stopped. The fix isn't more willpower or a better method — it's a smaller, smarter routine that survives a hard week. This guide gives you a complete ten-minute daily drill you can run before work, during a lunch break, or in the gap before dinner. You'll learn how to structure those ten minutes so they actually move the needle, how to attach training to things you already do so it costs no extra time, and what to do on the days when even ten minutes feels impossible. Small and steady wins here. Let's build something you can keep.

— *The CPC Dog Training Team*

Getting the Most From This Book

This is a short book by design — but it isn't a race. The ideas here work best when you let them settle and put them into practice, one at a time. Here's how to get the most from the pages ahead.

1

Read actively.

Every chapter ends with a *Try This* exercise and a set of *Key Takeaways*. The reading plants the idea; the exercise is what makes it yours.

2

Start small.

You don't need to apply everything at once. Choose a single practice, let it become genuinely easy, and only then add another.

3

Keep what works.

Anxiety is personal. Some tools will click for you and others won't — keep the ones that help and quietly leave the rest.

4

Be kind to yourself.

Progress is never a straight line. A hard day isn't a failure or a reset to zero — it's simply part of the path.

Whenever you're ready, turn the page and let's begin.

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Why Consistency Beats Intensity

Two owners train the same dog with the same method. One does a ninety-minute session every Sunday. The other does ten minutes a day. Six weeks later the second dog is dramatically further ahead — and the reason has everything to do with how brains actually build habits.

Short reps, spaced out

Learning consolidates between sessions, not during them. Every time your dog practises a skill, sleeps, and practises again, the behavior gets a little more automatic. Ten sessions spread across ten days produce far more of that consolidation than one long session ever can.

Long sessions also work against you. Dogs fatigue mentally faster than most owners expect — usually within five to fifteen minutes for focused work. Past that point you're not building the skill, you're just practising a tired, sloppy version of it.

The best training plan isn't the most ambitious one. It's the one still running in week six.

The motivation trap

Big training plans depend on motivation, and motivation is unreliable by design. It's high when you buy the course and low on the Thursday you got home late. Any system that only works on high-motivation days will collapse in an ordinary week.

A ten-minute drill sidesteps this completely. It's small enough that skipping it feels sillier than doing it. You don't need to feel inspired to spend ten minutes; you just need the routine to be obvious and easy to start.

Progress you can actually see

Daily practice also gives you fast feedback. If something isn't working, you'll notice within days rather than weeks, and you can adjust. Owners who train weekly often can't tell whether they're making progress at all, which is demoralising and usually where quitting starts.

So the goal of this book isn't to train harder. It's to make training so small, so scheduled, and so attached to your existing day that it stops being a decision you have to make.

Try This — Find Your Ten Minutes

Before any technique, lock down the when. A routine without a time slot is just an intention.

1. Look at a normal weekday and find a ten-minute gap that exists almost every day.
2. Anchor it to something fixed — after the morning coffee, before dinner, after the evening walk.
3. Write it down and set a recurring phone reminder for that exact time.
4. Commit to the slot for one week before changing anything else.

KEY TAKEAWAYS

- Learning consolidates between sessions, so frequency beats duration.
- Dogs fatigue mentally in five to fifteen minutes — long sessions add little.
- A ten-minute routine survives bad weeks; a ninety-minute plan does not.

The Ten-Minute Structure

Ten minutes sounds short until you try to fill it well. Without a structure you'll drift, repeat the easy stuff, and finish unsure whether anything improved. This chapter gives you a simple four-part shape you can run on autopilot.

Minute 1–2: warm-up

Open with something your dog already does brilliantly — a few quick sits, a hand touch, a name response. This isn't filler. It gets your dog into the rhythm of earning rewards, puts easy wins on the board, and tells their brain that focused work is starting.

Warm-ups also let you read the room. If your dog is slow, distracted or unusually flat during easy reps, that's useful information: today is a day for easier work, not for pushing a hard new skill.

Ten minutes with a structure beats an hour of wandering around the garden hoping something sticks.

Minute 3–7: the core skill

This is the heart of the session — one skill, and only one. Trying to cover sit, stay, recall and loose-leash in ten minutes means doing all

four badly. Pick today's skill from your weekly rotation and work only on that.

Within those five minutes, aim for many short reps rather than a few long ones. Fifteen quick, clean repetitions with a break between each beats grinding away at one difficult attempt for three minutes.

Minute 8–9: proofing, then minute 10: cool-down

Spend a minute or two making today's skill slightly harder in exactly one dimension — a bit more distance, a bit more duration, or one small distraction. Never raise two dimensions at once; that's the fastest way to make a skill fall apart.

Then finish with something easy and fun: a couple of guaranteed-success reps, a short game of tug, or a scatter of treats to sniff out. Ending on a win means your dog looks forward to the next session, which is the whole point.

Try This — Run One Full Drill

Do a complete structured session today, watching the clock so you learn what each block feels like.

1. Warm-up: two minutes of easy, known behaviors your dog nails every time.
2. Core: five minutes on one skill only, in short repeated reps.
3. Proof: one to two minutes adding either distance, duration or one distraction — pick one.
4. Cool-down: one minute of easy wins or a quick game, then stop.

KEY TAKEAWAYS

- Use one fixed shape: warm-up, one core skill, light proofing, cool-down.
- Work a single skill per session — four skills in ten minutes means four done badly.
- Raise only one dimension at a time when proofing, and always end on a win.

Habit Stacking Your Day

The ten-minute drill is your dedicated session. But the biggest gains often come from training that costs no extra time at all — short reps attached to things you were already doing. This is where training stops being an event and becomes simply how you live with your dog.

Anchor reps to fixed events

Your day already contains reliable anchors: meals, walks, doors, the moment you pick up the leash, the moment you sit down with a coffee. Each one is a free training opportunity that takes five to twenty seconds.

Ask for a sit before the bowl goes down. A wait before the door opens. A hand touch before the leash clips on. None of this adds time to your day, but by evening your dog has practised self-control a dozen times.

The dog who says please a dozen times a day never needed a longer training session.

Use what your dog already wants

The reward at each anchor is already there — the food, the walk, the open door, the greeting. That's what makes habit stacking so efficient:

you're spending reinforcement you were going to hand over anyway, just attaching a small behavior to it first.

This also builds a valuable general lesson: good things follow polite behavior. Over time dogs trained this way start offering calm, mannerly behavior by default, because that's what has always worked in this house.

Keep the reps tiny

The mistake is turning an anchor into a training session. Don't ask for a sit, then a down, then a stay before the food bowl — you'll frustrate your dog and start dreading mealtimes yourself. One behavior, one reward, move on.

Start with three anchors, not ten. Once those three are automatic and you're doing them without thinking, add another. Habit stacking works precisely because each piece is too small to resist.

Try This — Pick Three Anchors

Choose three daily moments and attach one small behavior to each, starting today.

1. Meal: ask for a sit before the bowl touches the floor.
2. Walk: ask for a sit before the leash gets clipped on.
3. Door: ask for a wait before you open it, then release.
4. Do only these three for a week before adding any more.

KEY TAKEAWAYS

- Attach tiny reps to existing anchors — meals, walks, doors — for free training all day.
- The reward is already there; you're just adding a behavior before it.
- One behavior per anchor, and start with three anchors only.

The Weekly Rotation

If you only work one skill per session, how does everything get practised? With a rotation. This chapter gives you a simple weekly map so each core skill gets regular attention and nothing quietly gets forgotten for a month.

A five-skill rotation

Most dogs need consistent work on five things: recall, loose-leash walking, stay or settle, impulse control at doors and food, and general focus or check-ins. Assign one to each weekday and you've covered everything twice a fortnight without ever cramming.

A simple version: Monday recall, Tuesday leash, Wednesday stay, Thursday impulse control, Friday focus. Weekends become flexible days — either repeat whatever felt weakest that week, or take a real rest day.

A written rotation turns 'I should train the dog' into 'today is recall day.' That difference is everything.

Let the rotation flex

The rotation is a default, not a rule. If Tuesday's walk was a disaster, spend Wednesday on leash work too. If recall has become bombproof

at home, give it a lighter slot and put the extra attention on whatever is genuinely shaky.

The point of the map is simply to remove decision-making. Knowing today is 'stay day' means you start training instead of standing in the kitchen wondering what to work on.

Rotate the location too

A skill practised only in your kitchen is a kitchen skill. Once something is solid at home, rotate the environment as well: the hallway, the garden, the front step, a quiet corner of the street, then somewhere busier.

Change one thing at a time. New location means you should temporarily make the task itself easier — shorter duration, less distance, better treats. Dogs don't generalise the way we assume, and a skill that looks broken in a new place usually just needs a few easy reps there.

Try This — Map Your Week

Write your rotation down once and you'll never waste a session deciding what to do.

1. List the five skills your dog most needs right now.
2. Assign one to each weekday and write it somewhere visible.
3. Mark weekends as flexible — repeat the weakest skill or rest.
4. Once a skill is solid at home, note the next location to try it in.

KEY TAKEAWAYS

- Assign one skill per weekday so everything gets practised without cramming.
- Treat the rotation as a default you can flex, not a rigid rule.
- Rotate locations too — and make the task easier whenever the place gets harder.

Training on Bad Days

There will be days when ten minutes is genuinely impossible — late meetings, sick kids, a migraine, a flight. The owners whose dogs keep improving aren't the ones who never miss. They're the ones who have a plan for missing.

The two-minute version

Have a shrink-to-fit version of your drill ready: two minutes, one skill, ten reps, done. No warm-up, no proofing, no structure — just a handful of clean repetitions of something useful while the kettle boils.

Two minutes keeps the chain intact. That matters more than the training itself, because the habit is the fragile part. A dog loses nothing from one light day; a routine can lose everything from one skipped one that becomes three.

Missing a session costs you almost nothing. Deciding you've failed costs you the whole routine.

The zero-minute version

On the worst days, fall back to pure habit stacking. You still feed your dog, still open doors, still clip on a leash. Ask for one sit at the bowl and

you've technically trained today. That counts, and counting it is what protects the streak.

Reframe what a 'training day' means. It isn't a session — it's any deliberate rep. Once you accept that, almost no day is a genuine zero, and the guilt spiral that usually kills routines never gets started.

Recovering after a real gap

Sometimes you'll miss a week regardless. When you come back, don't try to make up for lost time with a marathon session — that's how dogs get overwhelmed and owners get discouraged. Restart at an easier level than where you left off.

Expect the first session back to look worse than your last one. That's completely normal and it usually snaps back within two or three sessions. Judge the routine over months, not over any single week.

Try This — Write Your Fallbacks

Decide now what a bad day looks like, so you're not deciding while exhausted.

1. Write your two-minute version: which single skill, how many reps.
2. Write your zero-minute version: which one anchor always happens (usually meals).
3. Agree with yourself that both count as a training day.
4. Put both on your phone or fridge where you'll see them on a hard day.

KEY TAKEAWAYS

- Keep a two-minute fallback so the habit chain survives busy days.
- On the worst days, one rep at a daily anchor still counts as training.
- After a real gap, restart easier and expect two or three rough sessions.

Tracking What Works

Ten minutes a day adds up to more than sixty hours of training a year — but only if you keep going, and you'll keep going far more reliably if you can see it working. This final chapter sets up the lightest possible tracking that still tells you the truth.

Track two things only

Elaborate training journals get abandoned within a fortnight. Track just two things: whether you trained today (a tick), and one number for the skill you worked on — how many out of ten reps your dog got right, or how many seconds they held a stay.

That single number is what turns a vague sense of 'I think it's better?' into visible evidence. Watching a stay go from three seconds to twenty-five over a few weeks is genuinely motivating in a way that memory never is.

Ten minutes a day is sixty hours a year. Almost nobody trains their dog for sixty hours. You will.

Read the pattern, not the day

Individual days bounce around for reasons you can't control — your dog slept badly, there were fireworks, the neighbour's cat was out.

Never draw conclusions from one session. Look at the direction across a week or two.

If a number is genuinely stuck for two weeks, that's real signal, and it almost always means one thing: you raised difficulty too fast. Drop back to a level your dog nails, rebuild success, then climb more gradually.

Keep the routine alive long-term

Once behaviors are solid, you don't need to drill them daily forever — but don't stop entirely either. Trained behaviors fade with disuse, especially recall. Keep a lighter maintenance version running: a few reps of the important skills a few times a week, forever.

And keep it enjoyable. If sessions have become a grim chore, shorten them, make them easier, add more play, and pick skills you find satisfying to teach. A routine you enjoy is a routine that survives — and a dog trained a little every day for years will always beat one trained intensely for a month.

Try This — Start a Two-Line Log

Set up the lightest tracking that still shows you real progress.

1. Get a notes app or a paper calendar.
2. Each day write a tick plus today's skill and one number (reps right, or seconds held).
3. At the end of each week, read the numbers top to bottom and note the direction.
4. If a number hasn't moved in two weeks, make the task easier and rebuild.

KEY TAKEAWAYS

- Track only two things: that you trained, and one number for the skill.
- Judge the trend across weeks — never draw conclusions from a single session.
- Keep a light maintenance routine forever; trained behaviors fade with disuse.

PUT IT INTO PRACTICE

Your Action Plan

Your routine on a single page. Set up the schedule first — the techniques matter far less than whether the sessions actually happen.

- ☐ Find your ten-minute daily slot and anchor it to something fixed.
- ☐ Set a recurring reminder for that exact time.
- ☐ Learn the four-part structure: warm-up, core skill, proofing, cool-down.
- ☐ Work one skill per session — never four.
- ☐ Raise only one dimension at a time when proofing.
- ☐ Pick three daily anchors and attach one small behavior to each.
- ☐ Write your five-skill weekly rotation somewhere visible.
- ☐ Rotate locations once a skill is solid, making the task easier each time.
- ☐ Write your ten-minute and four-minute routines somewhere.
- ☐ Keep track of the daily log with one number per session.
- ☐ Write down the number of sessions completed each week.
- ☐ Write down the number of sessions completed each month.

FINAL WORDS

Where You Go From Here

You now have something more valuable than another training technique: a routine that fits inside a real life. Ten minutes is small enough to survive your worst weeks and big enough to transform your dog over your best months. Don't chase perfect days — chase the tick on the calendar. Some sessions will be brilliant, plenty will be forgettable, and a few will be genuinely bad, and none of that matters as long as tomorrow's ten minutes still happens. Start tonight if you can, even if it's only two minutes at the food bowl. The dog you'll have in six months is being built right now, in short, unremarkable, daily pieces.

Breathe. Begin. Return.

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