

EXERCISE CHART

FOR COCKER SPANIEL

By [Spaniel Wiki](#)

Age Group	Number of sessions	Duration	EXERCISE TYPE	Special TIPS
Puppy (8 weeks - 6 months)	4-6 times/day	5 minutes per month of age	Short walks, gentle play in garden, basic training, interactive toys	Avoid overexertion, build up gradually
Puppy (6 - 8 months)	3-4 times/day	Up to 40 minutes/day	Longer walks, socialization, gentle games, and play	Protect developing joints, monitor for fatigue
Adult (1 - 7 years)	2 times/day	1.5 hours morning, 30-45 mins afternoon	Vigorous walks, off-leash play, agility training, swimming	Ensure a mix of physical and mental activities
Senior (7+ years)	2-3 times/day	20-40 minutes/day	Gentle walks, low-impact activities, mental stimulation	Adjust based on health, avoid high-impact activities
Working Cocker (Weekdays)	2 times/day	90 minutes to 2 hours/day	Endurance training, varied physical and mental stimulation	Balance physical and mental exercise
Working Cocker (Weekends)	1-2 times/day	Longer, single walk or swimming	Longer walks, swimming, varied terrain	Incorporate rest and variety

Visit <https://spanielwiki.com/> for more helpful tips for your cocker spaniel

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