

## **Barkour Canine Fitness Requirements for each Level for the Fitness Track**

Beginner – Two 0.25-mile walks per week for four consecutive weeks on a soft surface.

Novice – Two 0.5 – 1-mile walks/runs per week for four weeks.

Intermediate – Two 1.5-mile walks/runs per week for four weeks.

Advanced – Three 1-mile walks/runs per week for four weeks.

Excellent – Two 2-mile walks/runs per week for four weeks.

Superb Bronze – Two 2.5-mile walks/runs per week for four weeks.

Superb Silver – One 3.1-mile (5k) walk/run per week for four weeks.

Superb Gold – Four additional 3.1-mile (5k) walks/runs done on your timeline.

Superb Platinum – Either Two 6.2-mile walks/runs OR one 6.2-mile (10k) and two 3.1-mile (5k) walks/runs done on your timeline.

**Backpacker Challenge** – In order to earn this additional designation for Starter-level titles and above, the dog must wear a backpack containing 5-10% of their body weight for all walks/runs. The Backpacker designation (-B) can be earned either when initially earning title(s) or afterwards by re-walking/running and resubmitting the required distances with the dog wearing a backpack.