

Conditioning and Training Calendars

Make copies of a blank monthly calendar page and fill it in with your conditioning schedule each month following the tips and suggestions below.

To get your horse into condition for the competition season. Use a **Weekly Schedule** modeled after the conditioning schedule outlined below. Determine what your first event will be, then work backwards from that date to determine when your weekly schedule with gallop days / interval training must begin.

Weekly Schedule

Day 1	-Day off
Day 2	-Long and low dressage
Day 3	-Gallop day (see below)
Day 4	-Dressage
Day 5	-Gymnastics (jump day)
Day 6	-Dressage
Day 7	-Gallop day (see below)

(go to day 1)

On calendars, include:

- Type of work (dressage, gymn./jump, gallop, day off)
- Total amount of time you expect you'll ride
- What 2-3 things you plan to do or concentrate on (suppling, canter departs, caveletti, etc)
- Gallop day, include number and type of sets
- Include lunging or warm-up info as well
- On day off, specify if that means turn-out or in the stall..

Gallop Schedule

(Note: start gallops only after horse has had 6 weeks steady work)

<u>Gallop day</u>	<u>Trot Sets</u>	<u>Gallop sets (400-475 mpm or less)</u>	<u>Break between each set</u>
1st	Three 5 min. sets	One 4 min. set	2 min.
2nd	Three 5 min. sets	Two 3 min. sets	2 min.
3rd	Three 5 min. sets	Two 3 min. sets	2 min.
4th	Three 5 min. sets	Two 4 min. sets	2 min.
Horse is now ready for first Beg. Novice event of the season.			
5th	Three 5 min. sets	Two 4 min. sets	2 min.
6th	Four 5 min. sets	Three 3 min. sets	2 min.
Horse is now ready for first Novice event of the season.			
7th	Four 5 min	Three 3 min.	2 min.
8th	Four 5 min	Three 4 min.	2 min.
Horse is now ready for first Training event of the season.			
9th	Two 10 min	Three 4 min.	2 min.
10th	Two 10 min	Three 4 min.	2 min.
Horse is now ready for first Preliminary event of the season			

Tips for Conditioning / Training Schedule

- No two hard or strenuous days in a row
- Day after a hard school, get them to loosen and stretch
- After a day off, no hard schools (e.g. don't go gallop or after a day off!)
- Gauge stress of gallops by symptoms; respirations, heart rate recovery, tiredness next day
- Avoid steep downgrades when galloping
- For Preliminary, build up to 20 minute trots
- For Training, eventually build up to four 5 min. trots and three 4 min. gallop sets
- For hotter horses, do less number of gallops but make them longer and slower (e.g. two 6 min. at 375-400mpm rather than three 4 min., just have total time add up to the same number)
- Note horse's respiration when galloping. If over 100/min., then that's enough for the day. Also give them a longer walk if their respirations are not coming down between your sets.