

# Dressage Training Calendar

Make copies of a blank monthly calendar page and fill it in with your training 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 weekly schedule outlined below.

## Weekly Schedule

Day 1 -Day off  
Day 2 -Long and low, stretching  
Day 3 -Lateral & bending exercises  
Day 4 -Drsg over terrain (gradual hills), trot sets  
Day 5 -Compression/extension exercises  
Day 6 -Patterns with cavaletti, cones, rails  
Day 7 -Trail or hack (have fun out of the ring)  
(go to day 1)

On calendars, include:

- Type of work from list at left
- Total amount of time you expect you'll ride
- What 2-3 things you plan to do or concentrate on (suppling, canter departs, cavaletti, etc)
- Include lunging or warm-up info as well
- On day off, specify if that means turn-out or in the stall.

## Tips for Weekly Schedule

- No two hard or strenuous days in a row
- Don't work the same muscle groups two days in row
- On the day after a hard school, get them to loosen and stretch
- After a day off, no hard schools
- Avoid steep downgrades when trotting or cantering
- For "hotter" horses, pick one day per week where the main focus is "grey matter training" and all else is secondary - just work toward relaxation of the horse's mind. Use quiet slow lunging to help if necessary.
- For "cooler" horses, pick one day per week where the main focus is "response time training" and all else is secondary - just work toward quicker response to the aids. Use lunging to help if necessary, especially with slow forward response times.
- Use hills to help you condition and practice balancing yourself and your horse. Walk up and down hills asking horse to stay soft and connected in the hand and in balance. Practice steady trot and canter circles on a slight grade.