Conditioning Schedule

June 22th to August 14th, 2008

I have eight weeks to get ready to go to the Wayne DuPage Horse Trials on August 15th through 17th. I will eventing at Training level, on my fifteen year-old Dutch Warmblood x Thoroughbred mare, Emma. She has been at regular work, with one day off per week and is fairly fit. Emma and I have both evented at this level before, though never together. She is on stall / paddock board and eats 3 lbs. Ultium twice a day with an extra lb. at night. Emma also eats 9 lbs. grass hay in the morning and 12 lbs. in the afternoon. At night, she eats an extra 3 lbs. of grass hay. She is on 5 ml Adaquin once a month.

I want to strengthen her to make sure she won’t get too tired. Fitness for cross-country won’t be a problem, but I want her to be ready for stadium. She is fairly fit, but hits rails as soon as she starts to get a little tired. I will continue to work on my dressage, but this issue is secondary to preparing for stadium. This conditioning schedule is just for my particular horse. Every two weeks, I’ll evaluate her weight, strength, and condition, feed, and overall health to determine if I need to adjust my schedule, and before I start, I’ll have her checked by a veterinarian to make sure she is healthy.

At the beginning of every jumping, cross-country, and gallop session, I’ll walk for fifteen minutes; at the beginning of every flat, lungeing, and hack session I’ll walk for ten minutes. (The walk time is included in the total time for each day.) At the end of every session, I’ll walk her until she’s cool, and this time is not included in the total time for each day. Before and right after every gallop (500 mpm), I’ll take her pulse and respiration, and record the time it takes for her to return to normal. “Sets” means 6 minutes of walk, 3 minutes of trot and 1 minute of canter.

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|  | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **1****22** | *flat: 50 mins*-serpentines-figure eights-stretchy-lengthens-leg-yields*2 sets: 20 mins* | *jump: 1 hr*-gymnastics -up to 2’9” | *flat: 1 hr*-diagonals (straightness)-pieces of Training Test B-transitions-lengthens | *x-country lesson: 1.25 hrs*-water, banks, & ditches-up to 3’6” | *hack/hill work: 45 mins**3 sets: 30 mins* | *rest* | *lunge: 25 mins*-trot over poles-canter transitions*3 sets: 30 mins* |
| **2****29** | *flat: 50 mins*-suppling-Training Test B-transitions-lengthens | *hill work/ gallop: 30 mins**3 sets: 30 mins* | *jump: 1 hr*-course-up to 3’3”-tricky turns | *flat lesson: 1.25 hrs*-shoulder-ins-canter transitions-lengthens four | *flat: 50 mins*-shoulder-ins-spiral-ins-lengthens*3 sets: 30 mins* | *rest* | *jump: 1 hr*-gynastics-up to 3’*hill work: 30 mins* |
| **3****6** | *flat: 1 hr*-leg-yields-lengthens-poles at trot and canter | *flat: 1.25 hrs*-pieces of Training Test B-shoulder-ins-stretchy-poles | *flat: 1 hr*-figure eights-Training Test B-transitions-poles-leg-yields | *jump lesson: 1.25 hrs*four-position-up to 2’9”-balance | *hack/hill work: 50 mins**4 sets: 40 mins* | *rest* | *jump: 1.25 hrs*-up to 2’6”-turns |
| **4****13** | *flat: 1 hr*-figure eights-diagonals (straightness)-suppling-lengthens-poles | *hill work/ gallop: 30 mins**4 sets: 40 mins* | *jump: 1.5 hr*-exercises over 2 jumps-up to 2’9”*4 sets: 40 mins* | *flat: 1 hr*-pieces of Training Test B-shoulder-ins-transitions*4 sets: 40 mins* | *flat lesson: 1.25 hrs*-canter balance-stretchy trot-lengthens-poles | *rest* | *jump: 1.5 hrs*-up to 2’6”-getting off leg in turns-trot fences |
| **5****20** | *flat: 1 hr*-figure eights-diagonals (straightness)-shoulder-ins*5 sets: 50 mins* | *flat: 1.25 hrs*-spiral-ins-figure eights-pieces of Training Test B-transitions | *hack/hill work/gallop: 1 hr**4 sets: 40 mins* | *hack/hill work: 30 mins*-small jumps on hills*4 sets: 40 mins* | *jump lesson: 1.25 hrs*-course-up to 3’3”-balance in turns | *rest* | *x-country: 1 hr*-course-up to 3’6” |
| **6****27** | *jump: 1.25 hrs*-course-up to 3’-balance in turns-pace-cavaletti  | *hill work/ gallop: 30 mins*-small jumps on hills*5 sets: 50 mins* | *flat: 1.5 hrs*-pieces of Training Test B-straightness-stretchy*hill work: 30 mins**-poles* | *jump: 1 hr*-bounces to increase handiness *and form**-3 sets: 30 mins* | *flat lesson: 1.25 hrs*-pieces of Training test B-canter transitions-straightness-poles | *rest* | *flat: 1 hr*-diagonals (straightness)-serpentines-canter loops-canter transitions*-4 sets: 40 mins* |
| **7****3** | *flat: 1 hr*-pieces of Training Test B-roundness of circles (different sizes)-transitions*4 sets: 40 mins* | *hack/hill work/gallop: 45 mins**5 sets: 50 mins* | *jump: 1 hr*-course -up to 3’3”-possible course at Wayne-turns | *hack/hill work: 30 mins*-small jumps on hills*5 sets: 50 mins* | *flat lesson: 1.25 hrs*-Training Test B-canter balance-transitions-lengthens-leg-yields | *rest* | *flat: 50 mins*-Training Test B-figure eights-shoulder-ins-roundness of circles-transitions-lenghtens*4 sets: 40 mins* |
| **8****10** | *hill work/ gallop: 30 mins**4 sets: 40 mins**-cavaletti on hills* | *jump: 45 mins*-up to 2’11’-gymnastic*2 sets: 20 mins* | *flat: 1 hr*-shoulder-ins-Training Test B-transitions-stretchy-lengthensfive | *lunge: 20 mins*-trot over poles-canter transitions | *rest (leave for Wayne)* |

**Gallop TPR:**

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| **Date** | **Before** | **After** | **Recovery Time** |
| June 30 | temp: 99.7˚pulse: 38 bpmrespiration: 16 bpm | temp: 101.2˚pulse: 68 bpmrespiration: 33 bpm | 5.5 minutes |
| Jul 18 | temp: 99.8˚pulse: 36 bpmrespiration: 16 bpm | temp: 100.5˚pulse: 61 bpmrespiration: 25 bpm | 5.5 minutes |
| Jul 28 | temp: 99.5˚pulse: 35 bpmrespiration: 14 bpm | temp: 100.8˚pulse: 72 bpmrespiration: 22 bpm | 4 minutes |
| Aug 10 | temp: 99.5˚pulse: 34 bpmrespiration: 15 bpm | temp: 100.4˚pulse: 59 bpmrespiration: 23 bpm | 4 minutes |

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