

## 12 Week Fitness Program.

Week	Monday	Tuesdays	Wednesday	Thursday	Friday	Saturday	Sunday
1	Day Off	Road work 20 – 25mins.	Road work 20 – 25mins.	Road work 25 mins.	Road work 25mins.	Road work 30 mins.	Road work 30 mins.
2	Day Off	Road work 30 mins	Road work 30 mins	Road work 40 mins	Road work 40 mins	Road work 45 mins	Road work 50 mins.
3	Day off	Road work and uphill work in walk 50 mins	Road work and uphill work in walk 50 mins	Road work and uphill work in walk 55 mins	Road work and uphill work in walk 55 mins	Road work and uphill work in walk 60 mins	Road work and uphill work in walk 60 mins
4	Day off	Road work and up hill work in walk 60 mins. Start building up trot to 2 mins.	Road work and uphill work in walk 60 mins. Start building up trot to 2 mins.	Road work and uphill work in walk 60 mins. Start building up trot to 2 mins.	Road work and uphill work in walk 60 mins. Start building up trot to 2 mins.	Road work and uphill work in walk 60 mins. Start building up trot to 2 mins at a time.	Road work and uphill work in walk 60 mins. Start building up trot to 2 mins.
5	Day off	Road work and up hill work in walk 60 mins. Start building up trot to 3 or 4 mins	Introduce 20mins schooling and 40 mins ride out.	Ride out at 60 mins including trot sections of up to 3 – 4 mins.	20mins schooling and 40 mins ride out.	Ride out to 60 mins including trot building the trot sections up	Ride out 30 mins, school 20mins and 10 mins cool down
6	Day off	One hour ride out with bursts of trot and canter.	20 mins schooling and 40 mins ride out.	One hour ride out with work trotting and cantering up hill	15 min warm up, 15 min grid work and 30 min ride out	30 min ride out, 20 min schooling and 10 min cool off.	One hour ride out including work in trot and canter up hills.
7	Day off	One hour ride out increasing hill work in trot and canter	20 min schooling and 40 mins ride out.	One hour ride out increasing trot and canter work.	10 mins warm up, 20 mins grid or jumping work and ride out for 30 mins	30 mins ride out, 20 mins schooling and 10 mins cool off	One hour ride out, with trot and canter up hill.

If you have been riding your horse for 3 – 4 times a week at mainly walk you can start here.

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>8</b>	Day off	One hour ride out, start slow canters over undulating ground.	20 mins schooling and 40 mins ride out.	One hour ride out increasing work on the hills	Ride out and some jumping or grid work.	20 mins schooling and 40 mins ride out.	Ride out with more hill work and slow canters up to 4 mins.
<b>9</b> If a horse has been out at different disciplines over the winter start here.	Day off.	Ride out with up to 3 – 4 min canters	20 min schooling our jumping and 40 min ride out.	Evening dressage and our combined training.	Schooling or jumping depending on what you did yesterday and ride out	Ride out with stronger canters up to 4 mins.	One hour ride out with trot and canter.
<b>10</b>	Day off	Ride out with hills and trot and canter	20 mins schooling and ride out for 40 mins.	Cross country schooling	Schooling 20 mins and ride out for 40 mins	Ride out with a stronger canter up hills.	Ride out with trots and canters over undulating ground.
<b>11</b>	Day off	Ride out with hills, strong trots and canters.	20 mins schooling / or jumping and 40 mins ride out.	Evening competition, dressage or jumping.	20 mins schooling and ride out with hills.	Ride out with faster canters $\frac{3}{4}$ speed. Into the bridle.	20 mins school and 40 mins ride out.
<b>12</b>	Day off	Ride out with canters up hill $\frac{3}{4}$ speed.	20 mins schooling and ride out for 40 mins.	Possible evening competition or jumping.	20 mins schooling and 40 mins ride out.	First 80 m or 90 m eventing competition.	Day off and check tendons and legs.

**Please note that our first four weeks work is in the walk and that when you start building the trot work up, it should only be for half a minute slowly building up to 2 mins. This trot should be rhythmical and of an even tempo, not blasting along. This will help your horse keep his or her balance and work through their whole body.**

You can change around the schooling with poles, or if your horse needs more x-country schooling you can add it in. Also, if you like you can add some fast work to the cross country. It all depends on your horse and what you need to work on, some horses need more flat work training, and some need a little more jumping.

Also, some people give their horses Sunday off and work through the week. It is all up to the time you have available and which day is better for your life and work. It is better to start with a ride out and then add the stronger work in as it can give a horse chance to get his work in. Also, only jump a couple of times a week and only do fast work two times a week, giving your horse either the day off after or a 20 min school and 40 min ride out.

If your horse is dressage horse, or a show jumping horse, you might find that you do not need to do so much fast work and you can adapt the training sessions to include more pole work and different exercises. Remember, every horse is an individual and working with them to see what makes a happy healthy horse is what is primarily important.