

## Suggested Fitness Programme

There are numerous views on how your horse should work to become fit for the job you want him to do. All of them take time and an appreciation of the balance and confirmation of each animal, so this plan is a suggested plan only.

It is advised that if your horse shows any signs of stiffness or a reluctance to perform at any time during this programme that you will discuss this with your vet and/ or Equine Therapist.

<b>Week / Day Number</b>	<b>Walk Time</b>	<b>Trot Time</b>	<b>Canter / Other Work Time</b>
<b>Week 1</b>			
Day 1	20 Minutes	Nil	Nil
Day 2	20 Minutes	Nil	Nil
Day 3	20 Minutes	Nil	Nil
Day 4	20 Minutes	Nil	Nil
Day 5	20 Minutes	Nil	Nil
Day 6	20 Minutes	Nil	Nil
Day 7	<b>Rest Day</b>		
<b>Week 2</b>			
Day 1	25 Minutes	Nil	Nil
Day 2	25 Minutes	Nil	Nil
Day 3	25 Minutes	Nil	Nil
Day 4	25 Minutes	Nil	Nil
Day 5	25 Minutes	Nil	Nil
Day 6	25 Minutes	Nil	Nil
Day 7	<b>Rest Day</b>		
<b>Week 3</b>			
Day 1	30 Minutes	Nil	Nil
Day 2	30 Minutes	Nil	Nil
Day 3	30 Minutes	Nil	Nil
Day 4	30 Minutes	1 Min x 1	
Day 5	30 Minutes	1 Min x 1	
Day 6	30 Minutes	1 Min x 1	
Day 7	<b>Rest Day</b>		
<b>Week 4</b>			
Day 1	40 Minutes		
Day 2	40 Minutes	2 Mins x1	Or X 1 minute twice
Day 3	40 Minutes	2 mins x1	
Day 4	40 Minutes	2 mins x1	
Day 5	40 Minutes	2 mins x1	
Day 6	40 Minutes	2 Mins x1	
Day 7	<b>Rest Day</b>		
<b>Week 4</b>			
Day 1	45 Minutes	3 Mins x1	Or 1 min session then 2 mins session
Day 2	45 Minutes	3 Mins	
Day 3	45 Minutes	3 Mins	
Day 4	50 Minutes	3 Mins	
Day 5	50 Minutes	3 Mins	
Day 6	50 Minutes	3 Mins	
Day 7	<b>Rest Day</b>		

<b>Week / Day Number</b>	<b>Walk Time</b>	<b>Trot Time</b>	<b>Canter / Other Work Time</b>
<b>Week 5</b>			
Day 1	50 Minutes	4 Mins	Or 2 min session twice
Day 2	50 Minutes	4 Mins	
Day 3	50 Minutes	4 Mins	Introduce to short canter x 1 minute
Day 4	50 Minutes	4 Mins	
Day 5	50 Minutes	4 Mins	
Day 6	50 Minutes	4 Mins	Introduce to short canter
Day 7	<b>Rest Day</b>		
<b>Week 6</b>			
Day 1	60 Minutes	5 Mins	Or 2.5min session twice
Day 2	60 Minutes	5 Mins	Short Canter
Day 3	60 Minutes	5 Mins	
Day 4	60 Minutes	5 Mins	Short Canter x 2 minutes
Day 5	60 Minutes	5 Mins	
Day 6	60 Minutes	5 Mins	Short Canter
Day 7	<b>Rest Day</b>		
<b>Week 7</b>			
Day 1	60 Minutes	6 Mins	Increase Canter time x 3 minutes in 3 sessions
Day 2	60 Minutes	6 Mins	
Day 3	60 Minutes	6 Mins	Increase Canter time x 3 minutes in 3 sessions
Day 4	60 Minutes	6 Mins	
Day 5	60 Minutes	6 Mins	
Day 6	60 Minutes	6 Mins	Increase Canter time x 3 minutes in 3 sessions
Day 7	<b>Rest Day</b>		
<b>Week 8, 9, 10</b>			
	Day 1- Hack, Day 2- Lunge or Ground work Day 3- You can start to introduce schooling every third day Repeat Days 1 to 3 Day 7 <b>Rest Day</b>		
	Listen to your horse and reduce the time to suit your selves once he has reached week 8 as he will be fit enough to cope with most moderate ridden tasks. Give him two rest days if he needs. For good health no matter what age a horse needs to move in walk for at least 20- 30 minutes per day minimum unless a lameness problem has occurred. If he is due a rest day and cant be turned out he must be walked in hand box rest is never an option unless he is severely lame and under vets advise.		