

## Rainbow 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.

In order to use this programme your horse will have been passed as sound by your vet.

Please also follow the points to remember before you start the plan as they will help you to keep your horse relaxed and working through this with ease.

### **Key Point to Remember**

- **Keep a record of your day to day progress – suggest print off and use the user chart below**
- **Record your horses resting breath rate and also his rate after walking, trotting a circuit of the school so that you have a baseline as to his normal relaxed rate is. You can use his respiratory rate and recovery time as a clear indicator that he is coping with faster work that you start to introduce and that he is not exhausted. Please ask your vet or Equine therapist to show you how to do this and to explain the recovery rates and times when you get up to doing the faster work. Record and check this twice per week or after a strenuous jumping round.**
- **You may need to increase your feeding regime as you get past week 6**
- **This programme requires that your horse is ridden or exercised at least 5 times per week. If you are not able to do this every week then you may need to extend the programme to 10 weeks. You can do this by repeating weeks 6 & 7 twice before you reach the Gold week**
- **Once he is fit and reached the golden week 8 you will easily be able to maintain the fitness levels by mixing the work from weeks 6,7 & 8  
Your horse will be able to have a maximum of 2 weeks off if needed before his fitness levels will drop once he is at gold standard.**

<b>Colour Levels Explained</b>	
<b>Red Week 1</b>	Light work Walk only
<b>Orange Week 2</b>	Light work Walk Trot introduced
<b>Yellow Week 3</b>	Light work Walk, Trot increases Pole work starts
<b>Green Week 4</b>	Light work Walk, Trot, Canter starts, Pole work
<b>Blue Week 5</b>	Medium work Walk, Trot, Canter increases Pole work
<b>Indigo Week 6</b>	Medium work Walk, Trot, Canter, poles, small jumps, lateral work, travelling.
<b>Violet Week 7</b>	Medium work Walk, Trot, Canter, poles, small jumps, lateral work, travelling.
<b>Gold Week 8</b>	Goal of Fitness For Medium Work

## Suggested Fitness Programme

Tick off the weeks as you progress & make notes on the Rider Chart

Week / Day Number	Walk Time	Trot Time	Canter / Other Work Time
<b>Week 1</b>			
Day 1	20 Minutes	Nil	Nil
Day 2	20 Minutes	Nil	Nil
Day 3	20 Minutes	Nil	Nil
Day 4	30 Minutes	Nil	Nil
Day 5	30 Minutes	Nil	Nil
Day 6	30 Minutes	Nil	Nil
Day 7	<i>Rest Day</i>		
<b>Week 2</b>			
Day 1	30 Minutes	Nil	Nil
Day 2	40 Minutes	Nil	Nil
Day 3	40 Minutes	Nil	Nil
Day 4	40 Minutes	1 Min x 1	Nil
Day 5	50 Minutes	1 Min x 1	Nil
Day 6	50 Minutes	1 Min x 1	Nil
Day 7	<i>Rest Day</i>		
<b>Week 3</b>			
Day 1	60 Minutes		
Day 2	45 Minutes	2 Mins x 1	Introduce pole work in walk
Day 3	45 Minutes	2 mins x 1	
Day 4	45 Minutes	3 mins x 1	Introduce pole work in walk
Day 5	50 Minutes	3mins x 1	
Day 6	50 Minutes	3 Mins x 1	Introduce pole work in walk
Day 7	<i>Rest Day</i>		
<b>Week 4</b>			
Day 1	45 Minutes	4 Mins	Introduce to short canter x 1 min Continue with pole work in walk and trot
Day 2	45 Minutes	4 Mins	Introduce to short canter x 1 min
Day 3	45 Minutes	5 Mins	Introduce to short canter x 1 min Continue with pole work in walk and trot
Day 4	50 Minutes	3mins x 2	Introduce to short canter x 1 min
Day 5	50 Minutes	3 Mins x 2	Introduce to short canter x 1 min
Day 6	50 Minutes	3 Mins x 2	Introduce to short canter x 1 min
Day 7	<i>Rest Day</i>		
<b>Week 5</b>			
Day 1	60 Minutes	3 Mins x 3	Introduce to short canter x 2 min Continue with pole work in walk and trot
Day 2	60 Minutes	3 Mins x 3	Introduce to short canter x 2 min
Day 3	60 Minutes	4 Mins x 2	Introduce to short canter x 2 min Continue with pole work in walk and trot
Day 4	60 Minutes	4 mins x 2	Introduce to short canter x 2 min
Day 5	60 Minutes	4 Mins x 2	Introduce to short canter x 2 min Continue with pole work in walk and trot
Day 6	60 Minutes	4 Mins x 2	Introduce to short canter x 2min
Day 7	<i>Rest Day</i>		

Week / Day Number	Walk Time	Trot Time	Canter / Other Work Time
<b>Week 6</b>			
<p>At this point you can start to be creative in the schooling work that you are introducing</p> <p>Also start to introduce to short travelling trips in horse box</p>	<p>Day 1- Hack which can include hill work at walk and trot</p> <p>Day 2- Lunge 30 mins plus walk for 20 mins or Ground work 45 minutes</p> <p>Day 3- You can start to introduce schooling every third day</p> <p>Start to increase the canter time &amp; start to include so small jumps &amp; raised pole work</p> <p>You can also include lateral work in the schooling regime in walk and trot</p> <p>Repeat Days 1 to 3</p> <p>Day 7 <i>Rest Day</i></p>		
<b>Week 7</b>			
<p><b>You can include a flat work type of show and choose classes that have the same schooling work as at home ie Prelim/novice test standard.</b></p> <p><b>By now you</b></p>	<p>Day 1- Hack, which can include hill work at walk and trot</p> <p>Day 2- Lunge 30 mins plus walk for 20 mins or Ground work in hand 45 minutes if preferred.</p> <p>Day 3- You can start to introduce schooling for 45 minutes every third day and cool down hack for 15 minutes after.</p> <p>Start to increase the canter time &amp; start to include so small jumps &amp; raised pole work</p> <p>You can also include lateral work in the schooling regime in walk and trot</p> <p>Repeat Days 1 to 3</p> <p>Include hill work in walk and trot</p> <p>Day 7 <i>Rest Day</i></p>		
<b>Week 8</b>			
<p>You can now go to the shows you wish to and do a couple of classes once per week</p> <p>Remember to give a light days' work, hack or rest day after every hard day with canter and galloping or jumping</p> <p>Enjoy Yourself as you have reached your <b>GOAL of Fitness</b> medium work level</p>	<p>Continue to maintain your horses fitness as of week 7</p> <p>You can also introduce a course of jumps as part of your schooling</p> <p>Introduce some short gallop work as part of the canter time</p> <p>Remember to keep checking the respiration rate of your horse after each section of fast work and ensure that he has fully recovered before starting again. This will help him to increase the time you are riding him along with his energy and stamina.</p>		

## Fitness Programme Rider Record

Use this Form to record your own notes and chart your progress.

<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			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7	<i>Rest Day</i>		
<b>Week / Day Number</b>	<b>Walk Time</b>	<b>Trot Time</b>	<b>Canter / Other Work Time</b>
<b>Week 2</b>			
Day 1			
Day 2			
Day 3			

<b>Week / Day Number</b>	<b>Walk Time</b>	<b>Trot Time</b>	<b>Canter / Other Work Time</b>
<b>Week 2</b>			
Day 4			
Day 5			
Day 6			
Day 7	<i>Rest Day</i>		
<b>Week / Day Number</b>	<b>Walk Time</b>	<b>Trot Time</b>	<b>Canter / Other Work Time</b>
<b>Week 3</b>			
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7	<i>Rest Day</i>		

<b>Week / Day Number</b>	<b>Walk Time</b>	<b>Trot Time</b>	<b>Canter / Other Work Time</b>
<b>Week 4</b>			
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7	<i>Rest Day</i>		
<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			
Day 2			
Day 3			

Week / Day Number	Walk Time	Trot Time	Canter / Other Work Time
<b>Week 5</b>			
Day 4			
Day 5			
Day 6			
Day 7	<i>Rest Day</i>		
<b>Week 6</b>			
Record your horses resting Respiratory Rate			
Working Resp Rate			
Recovery Time			
<b>Week 7</b>			
<b>Record your horses</b> Resting Resp Rate			
Working Resp Rate			
Recovery Time			
<b>Week 8</b>			
You Have Reached your Goal of medium work fitness	Record 5 main learnings from this process		