

## GREEN MOUNTAIN HORSE ASSOCIATION – JUNIOR HORSEMANSHIP CLINIC CONDITIONING PLAN

This conditioning program is geared towards preparing for GMHA's Junior Horsemanship Clinic or a novice-training level horse trials. How long it takes to get your horse in condition depends on the horse. Remember, you are coming to Vermont, and we have hills! Also remember that riders need conditioning, too!

<u>PURPOSE OF CONDITIONING</u>	<u>WEEK ONE</u>	<u>WEEK TWO</u>	<u>WEEK THREE</u>	<u>WEEK FOUR</u>	<u>WEEK FIVE</u>	<u>WEEK SIX</u>
<p>◆ To increase the endurance of the horse.</p> <p>◆ To build the horse up to experience less wear &amp; tear on feet, legs, muscles.</p> <p>◆ To condition heart &amp; lungs so they can handle a heavier capacity when called upon.</p> <p><u>IN THE BARN</u></p> <p>◆ Start with a healthy horse – have your vet do a general check when it is time for spring Coggins test, worming, vaccinations, and teeth check.</p> <p>◆ Start with a horse that is not too fat or too thin. A thin horse takes longer to get into shape. A fat horse experiences undo stress on heart &amp; lungs.</p> <p>◆ Learn your horse's pulse, res-piration rate &amp; temperature at rest.</p> <p>◆ Know the condition of your horse's legs. Learn where he has old scars, lumps and bumps.</p> <p>◆ Know what you are feeding &amp; why.</p> <p>◆ Groom vigorously every day to promote circulation and a glossy coat.</p> <p>◆ After each session, never apply cold water to warm muscles - use warm water &amp; take time to cool your horse properly.</p> <p>◆ If needed, feed should be increased gradually as work becomes more demanding.</p> <p>◆ On off days, reduce grain feeding &amp; hand walk &amp; graze if no pasture is available.</p>	<p>Walking only, up to ¼ hour, six days a week.</p> <p>Start introducing hills.</p> <p>Start riding on a shorter rein to encourage horse to round his back and push with hindquarters.</p>	<p>Walk/trot work, ¾ hour building up to 1 hour, six days a week.</p> <p>Introduce trotting with two 3-minute trots, building up to four 3-minute trots.</p> <p>No sitting trots – only posting.</p> <p>By the end of the week, trot on hills with horse more pulled together.</p> <p>During dressage sessions, use large circles, serpentine, and simple changes of direction – no tight turns.</p>	<p>Walk/trot/ canter up to 1 hour, six days a week.</p> <p>No sitting trots and no lengthening.</p> <p>Introduce canter work as you did with trot work in Week Three.</p> <p>Ring work may be started. Work for ½ hour in the ring, then hack for a relaxed ½ an hour.</p> <p>Cavalettis can be introduced by the end of the week.</p>	<p>Walk/trot/ canter up to 1 hour and fifteen minutes, six days a week.</p> <p>Ring work, cavalettis, continue hacking.</p> <p>One good method at this stage is to have every other day be a dressage school, with alternate days in trail work.</p>	<p>Walk/trot/ canter up to 1 hour and fifteen minutes, six days a week.</p> <p>Continue trail work.</p> <p>Dressage sessions can increase. Start practicing movements from upcoming dressage tests, if known.</p> <p>Cavalettis continue with more gymnastics.</p> <p>Do not jump for more than 20 minutes per session &amp; do not jump every day.</p>	<p>Walk/trot/ canter up to 1 ½ hours, six days a week.</p> <p>Continue basic program.</p> <p>Gallops can be introduced – do short intervals at 350 meters per minute, up to three times a week, up and down hills.</p> <p>Ringwork can progress with lengthenings, halts, and small jumps.</p> <p>Start cross-country jump work with natural obstacles on trail.</p>

This program should be tailored to your level and your horse's level and starting condition. Happy riding!