

MY JUNIOR HORSEMANSHIP CLINIC CONDITIONING PLAN

Start: Friday, May 12 - Friday, June 23, 2023 (6 weeks prior to JHC)

Rider: _____

Horse: _____

IN THE BARN:

My horse's pulse at rest: _____

My horse's respiration rate at rest: _____

My horse's temperature at rest: _____

What I feed my horse: AM: _____

* = if applicable

*Noon: _____

PM: _____

★ **RIDER NOTES** ★ *Also remember that riders need conditioning too and should be able to do the same work as their horse! Riders should be able to do trot and canter/gallop sets in 1/2 seat and work up to being able to stay in the 1/2 seat at the walk, trot and canter for up to 15 minutes at a time.*

WEEK ONE:

May 12, 2023 - May 19, 2023

GMHA's Recommendation: *Walking only, up to ¾ hour, six days a week. Start introducing hills. Start riding on a short rein to encourage the horse to round his hindquarters.*

5/12	<p>Length of Ride:</p> <p>What I Worked On (Horse & Rider):</p>
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5/13	Length of Ride: What I Worked On (Horse & Rider):
5/14	Length of Ride: What I Worked On (Horse & Rider):
5/15	Length of Ride: What I Worked On (Horse & Rider):
5/16	Length of Ride: What I Worked On (Horse & Rider):
5/17	Length of Ride: What I Worked On (Horse & Rider):
5/18	Length of Ride:

5/18	What I Worked On (Horse & Rider):
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WEEK TWO:

May 20, 2023 - May 26, 2023

GMHA's Recommendation: *Walk/trot work, ¾ hour building up to 1 hour, six days a week. Introduce trotting with two 3-minute trots, building up to four 3-minute trots. No sitting trots – only posting. By the end of the week, trot on hills with horse more pulled together. During dressage sessions, use large circles, serpentines, and simple changes of direction – no tight turns.*

5/20	Length of Ride: What I Worked On (Horse & Rider):
5/21	Length of Ride: What I Worked On (Horse & Rider):
5/22	Length of Ride: What I Worked On (Horse & Rider):
5/23	Length of Ride:

5/23	What I Worked On (Horse & Rider):
5/24	Length of Ride: What I Worked On (Horse & Rider):
5/25	Length of Ride: What I Worked On (Horse & Rider):
5/26	Length of Ride: What I Worked On (Horse & Rider):

WEEK THREE:

May 27, 2023 - June 2, 2023

GMHA's Recommendation: *Walk/trot/canter up to 1 hour, six days a week. No sitting trots and no lengthening. Introduce canter work as you did with trot work in Week Three. Ring work may be started. Work for 1/2 hour in the ring, then hack for a relaxed 1/2 an hour. Cavalettis can be introduced by the end of the week.*

5/27	Length of Ride:
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5/27	What I Worked On (Horse & Rider):
	Length of Ride:
5/28	What I Worked On (Horse & Rider):
	Length of Ride:
5/29	What I Worked On (Horse & Rider):
	Length of Ride:
5/30	What I Worked On (Horse & Rider):
	Length of Ride:
5/31	What I Worked On (Horse & Rider):
	Length of Ride:
6/1	Length of Ride:

6/1	What I Worked On (Horse & Rider):
6/2	Length of Ride: What I Worked On (Horse & Rider):

WEEK FOUR:

June 3, 2023 - June 9, 2023

GMHA's Recommendation: *Walk/trot/canter up to 1 hour and fifteen minutes, six days a week. Ring work, cavalettis, continue hacking. One good method at this stage is to have every other day be a dressage school, with alternate days in trail work.*

6/3	Length of Ride: What I Worked On (Horse & Rider):
6/4	Length of Ride: What I Worked On (Horse & Rider):

6/5	Length of Ride: What I Worked On (Horse & Rider):
6/6	Length of Ride: What I Worked On (Horse & Rider):
6/7	Length of Ride: What I Worked On (Horse & Rider):
6/8	Length of Ride: What I Worked On (Horse & Rider):
6/9	Length of Ride: What I Worked On (Horse & Rider):

WEEK FIVE:

June 10, 2023 - June 16, 2023

GMHA's Recommendation: *Walk/trot/canter up to 1 hour and fifteen minutes, six days a week. Continue trail work. Dressage sessions can increase. Start practicing movements from upcoming dressage tests, if known. Cavalettis continue with more gymnastics. Do not jump for more than 20 minutes per session & do not jump every day.*

6/10	Length of Ride: What I Worked On (Horse & Rider):
6/11	Length of Ride: What I Worked On (Horse & Rider):
6/12	Length of Ride: What I Worked On (Horse & Rider):
6/13	Length of Ride: What I Worked On (Horse & Rider):
6/14	Length of Ride:

6/14	What I Worked On (Horse & Rider):
6/15	Length of Ride: What I Worked On (Horse & Rider):
6/16	Length of Ride: What I Worked On (Horse & Rider):

WEEK SIX:

June 17, 2023 - June 23, 2023

GMHA's Recommendation: *Walk/trot/canter up to 1 1/2 hours, six days a week.*

Continue the basic program. Gallops can be introduced – do short intervals at 350 meters per minute, up to three times a week, up and down hills. Ring work can progress with lengthenings, halts, and small jumps. Start cross-country jump work with natural obstacles on trail.

6/10	Length of Ride: What I Worked On (Horse & Rider):
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6/11	Length of Ride: What I Worked On (Horse & Rider):
6/12	Length of Ride: What I Worked On (Horse & Rider):
6/13	Length of Ride: What I Worked On (Horse & Rider):
6/14	Length of Ride: What I Worked On (Horse & Rider):
6/15	Length of Ride: What I Worked On (Horse & Rider):
6/16	Length of Ride:

6/16

What I Worked On (Horse & Rider):

★ RIDER NOTES ★ *Also remember that riders need conditioning too and should be able to do the same work as their horse! Riders should be able to do trot and canter/gallop sets in 1/2 seat and work up to being able to stay in the 1/2 seat at the walk, trot and canter for up to 15 minutes at a time.*

PLEASE BRING THIS COMPLETED PACKET WITH YOU TO CAMP