

## Notes

- in this plan I have advised you do 5 days a week
- if you only have 10 minutes to ride then do as something is better than nothing
- work ponies equally on both reins
- grooming and handling your ponies is as important as riding
- this is just a rough guide to help you increase ponies fitness for camp and so you can see what fitness we will be expecting your ponies to be at for camp
- make sure you warm and cool down properly, otherwise you can cause injury to your pony
- try to make your ponies life interesting by riding in as many different places as possible, when ponies get board this is when they tend to misbehave

## Fast work

- 5 min trot to warm up before each canter session
- repeat canters 3 times
- trot between canters should be slow allowing ponies to recover
- long walk off (5mins) until ponies breathing is recovered
- fast work is not a gallop it is your cross country canter

## Week 1

1. 5 min walk
2. 10 min walk
3. 10 min walk, 2 min trot
4. 10 min walk, 5 min trot
5. 10 min walk, 5 min trot

## Week 2

1. 10 min walk, 10 min trot
2. 10 min walk, 10 min trot
3. 5 mins walk, 10 min trot, little canter each rein
4. 10 min trot, 2 min canter each way
5. 10 min trot, 2 min canter each way

## Week 3 (start adding in pole work)

1. 10 min trot, 3 min canter each way
2. 15 min trot, 3 min canter each way
3. 15 min trot, 5 min canter each way
4. 15 min trot, 5 min canter each way
5. 30 min hack

## Week 4 (start adding in jumps, start easy)

1. 20min trot, 10 min canter
2. 25min trot, 10 min canter
3. 25min trot, 15 min canter
4. 30min trot, 15 min canter
5. 1 hour hack

## Week 5

- Fast work 2 min canter, 1 min trot
- From now each schooling session should aim to be 1 hour with 45mins of it being in walk and trot
- 1 hour and a half hack

Week 6 (xc schooling)

- fast work 2 min canter 1 min trot
- 2 hour hack

Week 7

- fast work 3 min canter, 1 min trot

Week 8

- fast work 4 min canter