



**NORTHERN
EQUESTRIAN
SERVICES**

Coaching & Schooling for Horse & Rider

Horse Fitness Plan



Horse Fitness Plan

Why bother with a fitness plan?

- Stops the 'what shall I do with my horse today?'
 - Reduces chance of injury
 - Keeps a routine
- Helps to make S.M.A.R.T goals
 - Helps to keep motivated
- Allows for a day off, every week!

A successful fitness plan for a horse should include the following – a day off, lunging, hacking and schooling.

If you are without a school, that is fine. You can always lunge in the horse's field, if you're allowed to (those livery rules!) or substitute your lunge day for an extra constructive hack/schooling ride.

You could use your horse's field, again, if permitted, for schooling too. Fix yourself with some markers – maybe there is a tree and a mole hill that are a good distance apart or could make up markers for a 20m circle – be creative! Think productively about what you want to do, bearing in mind that the horse is used to being 'free' in the field, so may switch off. Imagine having to do a work out in your bed . . .

The benefits of lunging are that it is concentrated 20 minutes, max 20 minutes and it gives you time on the ground to see what you should be working in the school or on a hack.

Hacking is a brilliant time for schooling too – use some markers on the road for 'bleep tests' to work on his/her endurance, keep engaged for longer if he/she is a regular ignorer of the contact! Make sure that you are building up your walking/trotting time slowly to allow your horse's legs to strengthen at a reasonable pace. This reduces the chance of injury.

The main purpose of this Fitness Planner is for you to work out your horse's fitness goals and how you are going to get there.

Don't forget that a happy horse is a comfortable horse, so make sure you get your saddle checked, your bit measured correctly and try to refrain from unnecessary gadgets!

Print off as many of the Fitness Plans you need for your time period.
Don't forget to get yourself the Human Fitness Plan too! Have fun!

Do share on social media – and use the hashtag #NESadventures

If you're training for a particular event and you're still unsure on what elements you should be focussing on the most, then drop me an email/message and we can create a bespoke fitness plan.

Finally, enjoy yourself and your horse!! Happy goal achieving!!



Horse Fitness Plan

Horse's Name:

Month:

Fitness Goal:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Key:

RD – Rest Day,
 S – School Day,
 H – Hacking,
 L – Lunge Day,
 F – Farrier,

V – Vet,
 RLF – Riding Lesson Flat
 RLJ – Riding Lesson Jump,
 C – Competition
 AW – Away Day

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www.northernequestrianservices.com
 Or message Verena on Instagram; www.instagram.com/girlabouttheyard



Fully insured, qualified Equine Coach

**BHS Accredited
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Instagram: [@girlabouttheyard](https://www.instagram.com/girlabouttheyard)

Website: NorthernEquestrianServices.com

