

**Conditioning Schedule in Preparation for Eventing  
Deirdra Dong**

**Scenario:** Monte, a 9 year old thoroughbred gelding was training and showing in the A circuit hunters for 3 years. Two years ago the girl showing him quit riding and Monte was turned out to pasture with no one training or riding him. Four months ago I pick him up and prepare to condition and train him for novice level eventing.

**TPR** prior to conditioning; temp 100.3, pulse 40/min, resp 16/min. PR will be tracked throughout conditioning and will be taken immediately after work prior to cool down. The amount of time (in minutes) it takes for PR to return to rest will also be recorded.

**KEY:** Grain= Allegra Condition Grass Formula  
 Hay= Local grass  
 Pasture= Alfalfa, timothy and orchard grass mix  
 Salt is offered through a free choice block

**Week One**

Weekly Goals & feed changes	Feeding Regime	Conditioning Schedule	PR after work	Daily Log
Start Monte slowly at walk with intervals of trot that will increase throughout the week 2 days off	AM: 5 hrs pasture 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Trail ride 5 mins walking 2 mins trotting 5 mins walking 3 mins trotting 3 mins walking 2 mins trotting 10 mins walking	Pulse 90 Resp 40 Time 15	Trail ride 30 mins ridden according to schedule
	AM: 5 hrs pasture 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Dressage (both directions) 2 mins walking 3 mins trotting 2 min walking 5 mins trotting 5 mins walking	Pulse 87 Resp 38 Time 15	Dressage ridden as scheduled
	AM: 5 hrs pasture 1 lbs grain PM: 15lbs hay 1 lbs grain	Day off		

	AM: 5 hrs pasture 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Lesson: Dressage (both directions on 20 m circles and whole arena) 5 mins walking 10 mins trotting 5 mins cantering 5 mins trotting 10 mins walking	PR not taken	Focused on tempo and straightness so Monte can come more through and over his back.
	AM: 5 hrs pasture 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Trail ride 5 mins walking 2 mins trotting 5 mins walking 3 mins trotting 3 mins walking 2 mins cantering 10 mins walking	Pulse 92 Resp 41 Time 15	Trail footing muddy not conducive to cantering, canter work done in arena
	AM: 5 hrs pasture 1 lbs grain PM: 15lbs hay 1 lbs grain	Day off		
	AM: 5 hrs pasture 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Dressage (both directions) 2 mins walking 4 mins trotting 2 min walking 5 mins trotting 2 mins walking 1 min cantering 5 mins walking	Pulse 95 Resp 42 Time 15	Dressage ridden as scheduled working on things focused in lesson (straightness and tempo)

### Week Two

Weekly Goals	Feeding Regime	Conditioning Schedule	PR after work	Daily Log
Focus is strengthening Monte laterally and thru his back. Also working on contact has a tendency to get behind the bit	AM: 5 hrs pasture 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Dressage (both directions incorporating 15m circles and bend) 2 mins walking 10 mins trotting 5 mins cantering 10 mins trotting 5 mins walking	Pulse 87 Resp 40 Time 14	Worked on smaller circles to increase lateral strength and also worked on contact by pushing him forward into a light contact

	AM: 5 hrs pasture 1 lbs grain PM: 15lbs hay 1 lbs grain	Day off		
	AM: 5 hrs pasture 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Trail ride 10 mins walking 10 mins trotting 3 mins cantering 10 mins trotting 10 mins walking	Pulse 90 Resp 42 Time 14	Ridden as scheduled
	AM: 5 hrs pasture 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Lesson Jumping 5 mins walking 10 mins trotting 2 mins cantering 5 mins trotting 2' crossrail 2 mins cantering 2'3" vertical 2 mins canter course of 6 jumps from 2' -2"6" 10 min walking	PR not taken	Because of Monte's hunter background, courses could be done and found he also has his flying lead changes. Need to work on steady contact before jump.
	AM: 5 hrs pasture 1 lbs grain PM: 15lbs hay 1 lbs grain	Day off		
	AM: 5 hrs pasture 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Dressage (both directions working on contact, bend, change of rein and flying changes 5 mins walking 10 mins trotting 5 mins cantering 10 mins trotting 10 mins walk on trails	Pulse 88 Resp 40 Time 14	Still working on contact esp thru changes of rein. Monte's back is stronger and can stay thru for a few mins at a time. Changes are rough, not quite strong enough
	AM: 5 hrs pasture 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Trail ride 10 mins walking 10 mins trotting 5 mins cantering 2 mins walking 10 mins trotting 10 mins walking	Pulse 90 Resp 42 Time 12	Ridden as scheduled except canter work was broken up with 1 min walk break between

### Week Three

Weekly Goals	Feeding Regime	Conditioning Schedule	PR after work	Daily Log
Addition of spurts of galloping to increase stamina and cardiovascular strength. Still working on contact and maintaining thru Monte's back	AM: 5 hrs pasture 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Trail ride w/galloping 5 mins walking 5 mins trotting 5 mins cantering 3 mins walking 1 min galloping 3 mins walking 1 min galloping 10 mins walking	Pulse 95 Resp 48 Time 12	Galloping done in field near by, trails not safe to gallop.
	AM: 5 hrs pasture 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Dressage (both directions 15 m circles, working on maintaining thru the back and steady contact) 5 mins walking 15 mins trotting 5 mins cantering 2 mins walking 10 mins trotting 10 mins walking on trails	Pulse 86 Resp 40 Time 10	Dressage ridden as scheduled, flying changes are becoming stronger and more fluid. Also added in lots of transitions to help with contact and strenght
	AM: 5 hrs pasture 1 lbs grain PM: 15lbs hay 1 lbs grain	Day off		
	AM: 5 hrs pasture 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Lesson Dressage 5 mins walking 10 mins trotting 2 min cantering 10 mins working on pressing into contact, in W/T 5 mins leg yields 10 mins walk to trot transitions 10 mins walk	PR not taken	Monte was too 'hot' during lesson, recommended to cut back on pasture and increase hay. Told to focus on transitions and begin teaching lateral work

Adding in more transitions to and from all gait and lateral work in walk and trot	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Dressage (both directions incorporation 15 m circles, transitions and lateral work in walk and trot) 5 mins walking 15 mins trotting 5 mins cantering 10 mins trotting 10 mins walk on trails	Pulse 88 Resp 40 Time 11	Dressage ridden as scheduled
	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Trail ride w/galloping 5 mins walking 5 mins trotting 2 mins cantering 2 mins walking 1 min galloping 1 mins walking 1 min galloping 10 mins walking	Pulse 94 Resp 45 Time 10	Ridden as scheduled
	AM: 3 hrs pasture Noon: 6lbs hay 1 lbs grain PM: 15lbs hay 1 lbs grain	Day off		

#### Week Four

Weekly Goals	Feeding Regime	Conditioning Schedule	PR after work	Daily Log
Continuing work on transitions and lateral work and adding transitions within gaits continue strengthening the 'ring of muscles'	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Trail ride w/galloping 5 mins walking 5 mins trotting 4 mins cantering 2 mins walking 1 min galloping 1 mins walking 1 min galloping 10 mins walking	Pulse 90 Resp 42 Time 10	Ridden as scheduled

	<p>AM: 3 hrs pasture          Noon: 6lbs hay          1.5 lbs grain          PM: 15lbs hay          1.5 lbs grain</p>	<p>Dressage (both directions using 15 m circles to work on bend, and transitions between and within gaits. Leg yields &amp; shoulder in's at walk)          5 mins walking          15 mins trotting          10 mins cantering          10 mins trotting          5 mins cantering          10 mins walking</p>	<p>Pulse 86          Resp 38          Time 9</p>	<p>Dressage ridden as scheduled</p>
	<p>AM: 3 hrs pasture          Noon: 6lbs hay          1.5 lbs grain          PM: 15lbs hay          1.5 lbs grain</p>	<p>Trail ride w/galloping          5 mins walking          10 mins trotting          4 mins cantering          2 mins walking          1 min galloping          2 min trotting          1 min galloping          10 mins walking</p>	<p>Pulse 90          Resp 40          Time 10</p>	<p>Ridden as scheduled</p>
	<p>AM: 3 hrs pasture          Noon: 6lbs hay          1.5 lbs grain          PM: 15lbs hay          1.5 lbs grain 1.5 lbs grain</p>	<p>Lesson Dressage          5 mins walking          20 mins trotting working on lengthening, leg yields and shoulder in's          10 mins cantering working on contact and tempo          10 mins transitions working on contact          5 mins walking</p>	<p>PR not taken</p>	<p>Still need to work on steady contact in transitions, Monte tends to drop behind contact in transitions. Canter tempo improving with strength</p>
	<p>AM: 3 hrs pasture          Noon: 6lbs hay          1 lbs grain          PM: 15lbs hay          1 lbs grain</p>	<p>Day off</p>		

	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Dressage (both directions incorporating 10 m circles working on contact and tempo. Leg yields and shoulder in's at trot) 5 mins walking 20 mins trotting 2 mins walking 10 mins cantering 2 min walking 10 mins trotting 10 mins walking	Pulse 80 Resp 34 Time 8	Not quite stong enough to hold correct bend in 10 m circles so worked on approx 12m circles.
	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Dressage (both directions working on trot and canter lengthening, transitions and flying changes) 5 mins walk 10 mins trotting 5 mins cantering 2 mins walking 10 trotting 5 mins cantering 10 mins walking	Pulse 85 Resp 40 Time 9	Flying changes are now smooth and consisant. Lenghtening at trot are good, not quite stong enough in quarter to stay up in canter transitions and come back easily

### Week Five

Weekly Goals	Feeding Regime	Conditioning Schedule	PR after work	Daily Log
Working on strenghting hindquarters and cardiovascular with hill work. Also focusing on maintaining through the back throughout ride	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Trail ride w/hills 5 mins walking 2 mins trot hill 1 min walk 2 mins trot hill 1 min walk 1 min canter hill 10 mins trot 2 mins walk 2 mins canter 2 mins trot hill 10 min walk	Pulse 90 Resp 46 Time 10	Hills were difficult for Monte. kept intervals short and gave break in between.

	AM: 3 hrs pasture Noon: 6lbs hay 1 lbs grain PM: 15lbs hay 1 lbs grain	Day off		
	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Trail ride w/galloping 5 mins walking 5 mins trotting 10 mins cantering 1 min galloping 5 min walk 10 mins trotting 2 mins galloping 1 min cantering 10 mins walking	Pulse 86 Resp 38 Time 8	Ridden as scheduled
	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Lesson x-country 5 mins walking 5 mins trotting 2 mins cantering 5 mins canter with intermittent gallop 5 mins trot 2' log two 5 min courses of 8 jumps not exceeding 2'9"	PR not taken	
	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Dressage (both directions working on 10 m circles, bend, leg yields, shoulder ins and haunches in) 5 mins walking 10 mins trotting 5 mins cantering 10 mins trotting 2 mins walk 10 mins trotting 5 mins cantering 10 mins walking	Pulse 70 Resp 30 Time 5	Monte was very stiff so he was just longed 20 mins at primarily walk and trot with a tiny bit of canter. Allowed to stretch down and out.



	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Trail ride w/hills 5 mins walking 5 mins trotting 2 mins cantering 1 mins walk 2 mins trot hill 1 min walk 4 min trot hill 1 min walk 1 min canter hill 4 min trot hill 10 min walk	Pulse 86 Resp 38 Time 8	Monty felt good, increased hill trotting time by 1 min each.
	AM: 3 hrs pasture Noon: 6lbs hay 1 lbs grain PM: 15lbs hay 1 lbs grain	Day off		

### Week Six

Weekly Goals	Feeding Regime	Conditioning Schedule	PR after work	Daily Log
Monte's strength has improved immensely, so focus will be on more technical things like cavaletti and counter canter	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Dressage (both directions working on contact, transitions and tempo as well as cavaletti) 5 min walk 5 mins trotting 5 mins cantering 10 mins trot cavaletti 5 mins cantering 5 mins walk	Pulse 82 Resp 38 Time	Dressage ridden as scheduled
	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Trail ride w/galloping 5 min walk 10 mins trot 5 mins canter 2 mins gallop 2 mins walk 10 mins trotting 5 mins walking	Pulse 80 Resp 36 Time 8	Ridden as scheduled

	<p>AM: 3 hrs pasture          Noon: 6lbs hay          1.5 lbs grain          PM: 15lbs hay          1.5 lbs grain</p>	<p>Dressage (both directions working on tempo and straightness esp in counter canter)          5 mins walking          10 mins trotting          2 mins cantering          5 mins trotting          10 mins cantering          2 mins walking          10 mins cantering          5 mins walking</p>	<p>Pulse 76          Resp 32          Time 7</p>	<p>Ridden as scheduled</p>
	<p>AM: 3 hrs pasture          Noon: 6lbs hay          1.5 lbs grain          PM: 15lbs hay          1.5 lbs grain</p>	<p>Lesson Jumping          5 mins walking          10 mins trotting          4 mins cantering          5 min trot 2' crossrail          5 min canter 3' vertical          two 5 min course of 10 jumps not exceeding 3'3"</p>	<p>PR not taken</p>	<p>Flying changes are solid and Monte was also very easy to open and collect his stride when asked</p>
	<p>AM: 3 hrs pasture          Noon: 6lbs hay          1 lbs grain          PM: 15lbs hay          1 lbs grain</p>	<p>Day off</p>		
	<p>AM: 3 hrs pasture          Noon: 6lbs hay          1.5 lbs grain          PM: 15lbs hay          1.5 lbs grain</p>	<p>Dressage (both directions working with cavaletti and working on counter canter)          5 mins walking          10 mins trotting          5 mins cantering          10 mins trotting          2 min walk          10 mins canter          2 min walk          10 mins canter          5 mins walking</p>	<p>Pulse 80          Resp 40          Time 8</p>	<p>Ridden as scheduled</p>

	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Trail ride 10 mins walking 15 mins trotting 5 mins cantering 10 mins trotting 10 mins walking	Pulse 74 Resp 36 Time 7	Ridden as scheduled also incorporated trot and canter lengthening into ride
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### Week Seven

Weekly Goals	Feeding Regime	Conditioning Schedule	PR after work	Daily Log
Focus on 'fine tuning' esp. transitions, contact, tempo and geometry. Also working on pacing for BN, N and T levels	AM: 3 hrs pasture Noon: 6lbs hay 1 lbs grain PM: 15lbs hay 1 lbs grain	Dressage (both directions, 20m circles incorp. lots of transitions and tempo. Also working maintain contact and throughness throughout ride) 5 min walking 5 mins trotting 5 mins cantering 10 mins trotting 2 mins walking 10 mins cantering 2 mins walking 10 mins trotting 5 min walking	Pulse 74 Resp 38 Time 5	Ridden as scheduled
	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Trail ride w/pacing 5 min walking 5 mins trotting 5 mins cantering 4 mins 300mpm 1 min walk 4 mins 350mpm 2 min walk 2 mins 420mpm 5 min walking	Pulse 80 Resp 40 Time 8	Monte felt good bu did get tired during the last pacing at 420
	AM: 3 hrs pasture Noon: 6lbs hay 1 lbs grain PM: 15lbs hay 1 lbs grain	Day off		

	<p>AM: 3 hrs pasture          Noon: 6lbs hay          1.5 lbs grain          PM: 15lbs hay          1.5 lbs grain</p>	<p>Lesson Dressage          5 mins walking          15 mins trotting          working on steady          contact during          transitions and          lateral work          10 mins cantering          working on          lengthening and          coming back easily</p>		<p>Ridden as          scheduled</p>
	<p>AM: 3 hrs pasture          Noon: 6lbs hay          1.5 lbs grain          PM: 15lbs hay          1.5 lbs grain</p>	<p>Dressage (both          directions, 20m          circles incorp. lots          of transitions and          tempo. Also          working maintain          contact and          throughness          throughout ride)          5 min walking          15 mins trotting          2 mins walking          10 mins cantering          2 mins walking          10 mins trotting          5 min walking</p>	<p>Pulse 76          Resp 38          Time 6</p>	<p>Dressage ridden          as scheduled</p>
	<p>AM: 3 hrs pasture          Noon: 6lbs hay          1.5 lbs grain          PM: 15lbs hay          1.5 lbs grain</p>	<p>Trail ride w/hill          5 mins walking          5 mins trotting          5 mins cantering          1 mins walk          4 mins trot hill          2 min walk          4 min trot hill          2 min walk          2 min canter hill          10 min walk</p>	<p>Pulse 88          Resp 44          Time 5</p>	<p>Monte was still          fresh after last          hill showing his          stamina is          increasing, added          a few more          intervals of trot          hills.</p>

	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Dressage (both directions working on steady contact, tempo, straitness and through) 5 mins walk 10 mins trot 5 mins canter 10 mins trot 10 mins canter Ride Novice TestA 5 min walk	Pulse 80 Resp 40 Time 5	Dressage ridden as scheduled
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**Week Eight**

Weekly Goals	Feeding Regime	Conditioning Schedule	PR after work	Daily Log
Monty should be conditioned to ride at novice level evening so this week a 'mock' ride will be added by doing a private jumping lesson to simulate a 3-day event	AM: 3 hrs pasture Noon: 6lbs hay 1 lbs grain PM: 15lbs hay 1 lbs grain	Day off		
	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Dressage (warm up both directions working on tempo, contact, and transitions) 5 mins walk 10 min trot 5 min canter 6 min ride of Novice Test A 5 mins walk	Pulse 72 Resp 30 Time 6	Ridden as scheduled but had to add 10 mins to reschool 'problems' in test

	AM: 3 hrs pasture Noon: 6lbs hay 1 lbs grain PM: 15lbs hay 1 lbs grain	Private Lesson Jumping 5 mins walking 5 mins trotting 5 mins canter 10 min jump warm up over crossrail, vertical and oxer not to exceed 2'11" 5 min course of 12- 15 obstacles not to exceed 2'11"	Pulse 80 Resp 40 Time 6	
		Lesson x-country 5 min walk 10 min trot 5 min canter 2 min gallop 5 min warm up over log not to exceed 2'11" 8 min course of 14- 18 obstacles not to exceed 3' 10 min walk	PR not taken	
	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Longe (both directins) 2 mins walk 5 mins trot 3 mins canter 2 mins walk	Pulse 70 Resp 32 Time 3	Longed as scheduled
	AM: 3 hrs pasture Noon: 6lbs hay 1 lbs grain PM: 15lbs hay 1 lbs grain	Day off		
	AM: 3 hrs pasture Noon: 6lbs hay 1.5 lbs grain PM: 15lbs hay 1.5 lbs grain	Trail ride 10 mins walk 15 mins trot 5 mins canter 2 mins walk 5 mins canter 10 mins trot 5 mins walking	Pulse 84 Resp 42 Time 4	Ridden as scheduled