

Eight Week Conditioning Plan for Buzz Czar
Preparation for Oregon Region Eventing Rally



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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Gymnastics 10 min walk 15 min flat 15 min gymnastics with poles and Cavaletti	Dressage 10 min walk 20 min Forward	Intervals 30 min/3 sets 6-3-1 (6 min walk 3 min trot, 1 min canter)	Rest	Hillwork 5 – 1 min walk sets up hill. 2-50 second trot sets Check TPR	Longeing Walk, trot, transitions	Flat 10 min walk 20 min flat movements & position
Week 2	Gymnastics Trot/Canter grids with poles & Cavaletti	Dressage 10 min walk 20 min Forward	Intervals 30 min/3sets 6-3-1 (6 min walk 3 min trot, 1 min canter)	Rest	Hillwork 5 – 1 min trot sets up hill. 2-50 second canter sets Check TPR	Hack 20-30 min	Flat 10 min walk 20 min flat bending & transitions
Week 3	Jumping Practice course 2' bending lines	Dressage 10 min walk 30 min Consistent Tempo	Intervals 40 min/4 sets 6-3-1 (6min trot, 3 min walk, 1min canter) Check TPR	Rest	Hillwork 7 – 1 min trot sets up hill. 3-50 second canter sets	Longeing Walk, trot, & canter transitions	Flat 10 min walk 30 min movements without stirrups
Week 4	Gymnastics 10 min walk 15 min flat 20 min gymnastics: 2 stride to 1 stride grids (2')	Dressage 10 min walk 30 min Consistent Tempo	Intervals 40 min/4 sets 6-3-1 (as above)	Rest	Hillwork 7 – 1 min trot sets up hill. 3-50 second canter sets Check TPR	XC work Small log jumps & coups	Flat 10 min walk 30 min flat movements & position
Week 5	Jumping Practice 2'3" course, Cavaletti	Dressage 10 min walk 30 min Balance	Intervals 50 min 6-3-1 (as above) Check TPR	Rest	Hillwork 10 – 1 min trot sets up hill. 4-50 second canter sets	XC work Exposure to banks, ditches, & spreads	Flat 10 min walk 30 min flat bending & transitions
Week 6	Gymnastics Gymnastic grid: 1 stride to a bounce (2'3")	Dressage 10 min walk 45 min Balance & School Figures	Intervals 50 min/5 sets 6-3-1 (6 min trot, 3 min canter, 1 min walk)	Rest	Hillwork 10 – 1 min trot sets up hill. 5-50 second canter sets Check TPR	XC work Distance work	Flat 10 min walk 45 min movements without stirrups
Week 7	Jumping Practice 2'6" courses, single fences	Dressage 10 min walk 45 min Bending	Intervals 2 – 6 min trot sets 2 – 3 min canters Check TPR	Rest	Hillwork 10 – 1 min trot sets up hill. 5-50 second canter sets	XC work courses	Flat 10 min walk 45 min flat movements & position
Week 8	Gymnastics 10 min walk 15 min flat 20 min gymnastics	Dressage 10 min walk 45 min Bending	Intervals 2 – 6 min trot sets 2 – 3 min canters	Rest	Hillwork 10 – 1 min trot sets up hill. 5-50 second canter sets Check TPR	XC work Three 3 min gallops @350 mpm	Flat 10 min walk 45 min flat bending & transitions

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Conditioning a horse is important because it physically prepares them for a special event or activity that their rider wishes to participate in. Conditioning lets the horse be able to go longer and faster without becoming as tired and also makes them stronger, so they're less likely to get injured. These are just some of the reasons why it is essential to set up a conditioning plan if you plan to do more than just light riding.

Buzz is a 17 year old Thoroughbred horse, who is more prone to injury due to his age, so getting him fit will make riding and jumping him safer. He enjoys being worked daily and it improves his body conditioning as well as his ability to move more effectively. This plan assumes that Buzz has been in regular training and is ready to be exercised as described.

In February, Buzz's condition was very thin. Currently, his body would be described as thin. His ribs can be faintly seen and the top of his neck, near the base, is under muscled. His diet was changed to include a high fat concentrate (*see below) to increase his body mass and fat. He also has Orchard Grass hay available to him at all times. He has been gradually gaining weight and muscle mass. In addition, his teeth have been floated and a plan is in place to correct the misalignment of his front teeth. Buzz receives regular deworming to assist in parasite prevention. Buzz wears shoes on his front feet only. His right foot is being corrected due to a contracted heel. His right front leg is being corrected because his hoof angles to the outside which causes uneven stress to the tendons and ligaments. The tendons and ligaments on the outside of his right leg are being stretched while the tendons and ligaments on the inside are being relaxed. He occasionally brushes his front legs together so I check them after each ride for cuts, abrasions, or other injuries. For a few days after shoeing, his front legs are sore due to the rebalancing. Therefore, he has a light workout or is given the day off.

Buzz's conditioning plan includes daily warm up exercises to prepare him for the task at hand and cool out time, even though it is not listed as such. His legs are cold hosed after strenuous workouts and felt for heat or pulses. Vital signs are monitored frequently each week to check for progress or regression in his fitness level. He is weight taped weekly to make sure that he is not losing weight and, in his case, hopefully gaining a little.

Week 1

Be sure that Buzz is up to date on all vaccines, farrier work, and dental care. Initial resting vital signs T: 99.3, P: 32, R: 12 and weight tape (945 lbs). Give electrolytes if needed for excessive fluid loss. Follow the attached schedule to view conditioning routine. Starting feed: Orchard grass hay 11 pounds twice a day. Ultium Grain 3 pounds three times a day.

Week 2

Buzz to be worked as shown on the previous page. Resting vital signs T: 99.3 P: 45, R: 20, hillwork (trot and canter sets) vital signs T: 99.8, P: 90, R: 40 and recovery vital signs T: 99.3, P: 40, R: 20. Ultium Grain increased by ½ scoop (1.5 lbs) twice a day to maintain energy and weight.

Week 3

Resting vital signs T: 99.3, P: 45, R: 20. Working vital signs (walk, trot, canter intervals) T: 99.8, P: 88, R: 20. Recovery vital signs T: 99.3. Weight taped to make sure weight is kept stable. Adjust amount of electrolytes as needed

Week 4

Buzz continued to be worked as shown on previous page. Alfalfa, ½ scoop, started to help build muscle and maintain weight. Resting T: 99.5, P: 36, R: 16; working T: 99.8, P: 88, R: 20; and recovery vital signs T: 99.6, P: 38, R: 16 and weight are monitored after trot and canter hill work.

Week 5

Alfalfa increased to 1 scoop (3 quarts) per day. Resting vital signs T: 99.5, P: 36, R: 12. Working vital signs T: 99.8, P: 90, R: 40. Recovery vital signs T: 99.3, P: 38, R: 14. Weight 960 lbs. Work consisted of five sets of 6 minute walk, 3 minute trot, and 1 minute canter intervals.

Week 6

Plan followed on previous page. Increase alfalfa to 1 ½ scoops (4.5 quarts) per day. Resting T: 99.5, P: 32, R: 12; working T: 99.7, P: 92, R: 40, and recovery vital signs T: 99.4, P: 30, R: 16 and weight: monitored after trot and canter sets up hills.

Week 7

Resting vital signs T: 99.3, P: 36, R: 12. Working vital signs (trot and canter intervals) T: 99.6, P: 90, R: 18 and recovery vital signs T: 99.4, P: 45, R: 12. The Farrier visits to trim feet and reset shoes.

Week 8

Tack cleaned and in good repair. Cleaning, packing, and checking equipment (including trailer) will be taken care of the day before the rally. Buzz will be clipped around ears, muzzle, jaw area, bridle path, & fetlock hairs. A bath is given the day before the event as well. Ending vital signs at rest T: 99.3, P: 32, R: 12, at work (hillwork: trot & canter sets) T: 99.8, P: 88, R: 18. Recovery rates after 5 minutes T: 99.8, P: 50, R: 12 and after 10 minutes T: 99.4, P: 36, R: 10. Weight tape: 988.

***Ultium Guaranteed Analysis**

Crude Protein	11.7%
Crude Fat	12.4%
Crude Fiber	18.5%
Calcium	.90%-1.20%
Phosphorus	0.500%
Sodium	0.2%-0.7%
Copper	65.00 ppm
Selenium	0.500 ppm-.600 ppm
Zinc	240 ppm
Vitamin A	5,000 IU/lb
Vitamin E	150.00 IU/lb