

A **how** by training and goal setting with constant review including reviewing the fitness of both horse and rider

R **relevant** can only improve levels by competition experience

T **time** 5 – 6 months away

All of this information is gleaned in the meetings in the pre season stage with info collected from post season meeting. I know what my pupil wants to achieve and when by there will be no drifting along. We must now set forth a plan what stage we want to be at in say 1 month, then 2 months etc.

EXPAND HERE. Start back from date of first competition to set time line for fitness and training milestones.

Preparatory

The Plan is now to be followed but remember each stage will depend on the fitness of both horse and rider and the plan cannot be too stringently followed we may have to push boundaries sometimes or indeed rein them in. (pardon the pun)

At this stage we are probably in about January and will be starting the 6 week basic fitness training. DISCUSS 6 WEEK PLAN including, videos, etc ...

Don't forget – checking physical and mental preparation and remembering the risk of injury. Checking the recovery rate of the horse after canter, the quality of jumping work and flat work and possibly more importantly any weaknesses as at this stage we can work on them.

Health and Safety expand ongetting fattening programme right so no injuries

We need to be constantly monitoring feedand increase

We have the time at this stage to check our tacksafety and legality for competing

We mustn't forget to check entry requirements we don't want to miss a deadline to sign up !