# 2019 Training And Competition Plan

## Competition Plans

Please list all anticipated competitions being attended for the 2019 calendar year in the chart below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Competition** | **Date** | **Location** | **Level** | **Purpose of Attending****(Qualification, training, judge exposure, horse acclimatisation etc.)** | **Importance (High, Med, Low)** |
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## Training Focuses

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| --- | --- | --- | --- |
| **Training Phase** | **Dates** | **Focus** | **Notes** |
| **General Preparation (Out of Competition)** |  |  |  |
| **Specific Preparation (Just before Competition)** |  |  |  |
| **Competition** |  |  |  |
| **Recovery/Transition** |  |  |  |

## Training Plans

Complete detailed training plans both on and off horse within following charts: (1) out of competition; (2) one week prior to competition; (3) and week of competition. An example is provided below.

**1. Out of Competition**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Day 1 – Sunday** | **Day 2 – Monday** | **Day 3 – Tuesday** | **Day 4–Wednesday** | **Day 5 – Thursday** | **Day 6 – Friday** | **Day 7 - Saturday** |
| **Duration:** 40 mins10 mins. of walk and warm-up25 mins. of focused training5 min cool down Stretches **Intensity:** Moderate **Focus:** Working to improve walk, gymnastics and address issues from previous competition. All in snaffle bridle**Other fitness:** Yoga 60 min Moderate IntensityRide 5 additional horses 45 mins. each session | **Duration:** **Intensity:** **Focus:** **Other fitness:** | **Duration:** **Intensity:** **Focus:** **Other fitness:**  | **Duration:** **Intensity:** **Focus:** **Other fitness:**  | **Duration:** **Intensity:** **Focus:** **Other fitness:**  | **Duration:** **Intensity:** **Focus:** **Other fitness:**  | **Duration:** **Intensity:** **Focus:** **Other fitness:**  |

**2. One Week Prior to Competition**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Day 1 – Sunday** | **Day 2 – Monday** | **Day 3 – Tuesday** | **Day 4–Wednesday** | **Day 5 – Thursday** | **Day 6 – Friday** | **Day 7 - Saturday** |
| **Duration:** **Intensity:** **Focus:** **Other fitness:**  | **Duration:** **Intensity:** **Focus:** **Other fitness:** | **Duration:** **Intensity:** **Focus:** **Other fitness:**  | **Duration:** **Intensity:** **Focus:** **Other fitness:**  | **Duration:** **Intensity:** **Focus:** **Other fitness:**  | **Duration:** **Intensity:** **Focus:** **Other fitness:**  | **Duration:** **Intensity:** **Focus:** **Other fitness:**  |

**3. Week of Competition**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Day 1 – Sunday** | **Day 2 – Monday** | **Day 3 – Tuesday** | **Day 4–Wednesday** | **Day 5 – Thursday** | **Day 6 – Friday** | **Day 7 - Saturday** |
| **Duration:** **Intensity:** **Focus:** **Other fitness:**  | **Duration:** **Intensity:** **Focus:** **Other fitness:** | **Duration:** **Intensity:** **Focus:** **Other fitness:**  | **Duration:** **Intensity:** **Focus:** **Other fitness:**  | **Duration:** **Intensity:** **Focus:** **Other fitness:**  | **Duration:** **Intensity:** **Focus:** **Other fitness:**  | **Duration:** **Intensity:** **Focus:** **Other fitness:**  |