



SCIENCE SUPPLEMENTS CUP FITNESS PLAN



You've got your qualification spot to the 2020 Science Supplements Cup, you know exactly how many dressage lessons and cross country schooling sessions you will be doing and even what new kit you will be buying for the occasion, but do you know how to get your horse fit enough?

The Science Supplements Cup cross country course will be longer than you and your horse are used to in comparison to a standard BE90 or BE100 and many of you will have to travel your horses much farther than you normally would, so ensuring your horse has a regular canter programme leading up to the event is vital to improve fitness.

Fitting in canter sessions around competing will ensure that your horse is maintaining a good level of fitness.



PROGRAMME OVERVIEW

- A scheduled programme is the ideal way to build up an appropriate level of fitness for your competition.
- A canter session should be completed **every five days** either on a gallop or in a suitable field.
- A competition day can count as a canter session so simply resume your next set of intervals five days later.

WHAT SHOULD EACH SESSION INVOLVE?

- Your warm up should be around **10-15 minutes** of trot work or a short hack.
- The session pattern should ideally be three minutes of canter, two minutes recovery.
- This should be repeated twice more with the final recovery a full cool down.

- If your horse is particularly unfit start with two sets and build up to three in the following sessions.
- Make sure that you are travelling at a pace that is appropriate for the level you're competing at . For BE90 that is 450m per min and BE100, 475m per min. (See box out)
- Cool down for approximately **20 minutes**, ensuring that your horse keeps moving and has stopped blowing.



For more information on equine fitness contact one of our BE Accredited Coaches. Details can be found [HERE](#)

HOW ABOUT YOUR HORSE'S DIET?

It is advisable to speak to a nutritionist for advice on feeding. A horse that carries more weight will struggle to recover as quickly.

HOW DO I MONITOR MY HORSE'S FITNESS?

Once you have finished your final canter, set your watch to see how quickly your horse has recovered. Record the time from when you finished cantering to when he has stopped blowing. It is important to check after each session to make sure that the time is getting shorter and therefore your horse is getting fitter.

HOW DO I MEASURE PACE?

You will need a measuring wheel to measure your gallop - if you are competing at BE90 mark every 450m and for BE100 competitors every 475m, every time you pass one of these markers one minute should have passed to be at your competition speed.

