

Sample Fitness Schedule for Novice and Training 3 day horses

A great way to monitor your horse's fitness while preparing for a Classic 3-Day is with an equine heart rate monitor like the [KER Clockit](#) made by Kentucky Equine Research.

Work backwards from event date:

Week of Classic Event

Monday – off

Tuesday – hack up to 1 hour

Wednesday – ship

Thursday – flat work 45” or hack roads and tracks (Phase A & C)

Friday – Sunday dressage (steeplechase practice & hack A & C), XC and SJ

1 Week out

Monday – off

Tuesday – 5” trots times 3 with 2” interval at walk followed by 6” canter (450m/m T and 400m/m N) times 2 with sprint of 2” (550m/m T and 500m/m N) within that 6’ canter, then 1 additional 6 min canter (450m/ T and 400m/m N) with 2” walk interval, followed by at least 30” walk to cool out

Wednesday – hack 1 hour

Thursday – hack plus dressage at least 1 hr

Friday – hack plus show jumping school at least 1 hr

Saturday – 5” trots times 3 with 2” interval at walk followed by 6” canter (450m/m T and 400m/m N) times 2 with sprint of 2” (550m/m T and 500m/m N) within that 6’ canter, then 1 additional 6 min canter (450m/ T and 400m/m N) with 2” walk interval, followed by at least 30” walk to cool out

Sunday – hack 1 hr

2 Weeks out

Monday – off

Tuesday – 5” trots times 3 with 2” interval at walk followed by 6” canter (450m/m T and 400m/m N) times 3 with 2” walk interval, followed by at least 30” walk to cool out

Wednesday – hack 1 hour

Thursday – hack plus dressage at least 1 hr

Friday – hack plus show jumping school at least 1 hr

Saturday – 5” trots times 3 with 2” interval at walk followed by 6” canter (450m/m T and 400m/m N) times 2 with sprint of 2” (550m/m T and 500m/m N) within that 6’ canter, then 1 additional 6 min canter (450m/ T and 400m/m N) with 2” walk interval, followed by at least 30” walk to cool out

Sunday – hack 1 hr

3 Weeks out

Monday – off

Tuesday – 5” trots times 3 with 2” interval at walk followed by 5” canter (450m/m T and 400m/m N) times 3 with 2” walk interval, followed by at least 30” walk to cool out

Wednesday – hack 1 hour

Thursday – hack plus dressage at least 1 hr

Friday – hack plus show jumping school at least 1 hr

Saturday – – 5” trots times 3 with 2” interval at walk followed by 5” canter (450m/m T and 4000m/m N) times 3 with 2” walk interval, followed by at least 30” walk to cool out

Sunday – hack 1 hr

4 Weeks out

Monday – off

Tuesday – 5” trots times 3 with 2” interval at walk followed by 4” canter (450m/m T and 400m/m N) times 3 with 2” walk interval, followed by at least 30” walk to cool out

Wednesday – hack 1 hour

Thursday – hack plus dressage at least 1 hr

Friday – hack plus show jumping school at least 1 hr

Saturday – – 5” trots times 3 with 2” interval at walk followed by 4” canter (450m/m T and 4000m/m N) times 3 with 2” walk interval, followed by at least 30” walk to cool out

Sunday – hack 1 hr

5 Weeks out

Monday – off

Tuesday – 5” trots times 3 with 2” interval at walk followed by 4” canter (400m/m T and 350m/m N) times 3 with 2” walk interval, followed by at least 30” walk to cool out

Wednesday – hack 1 hour

Thursday – hack plus dressage at least 1 hr

Friday – hack plus show jumping school at least 1 hr

Saturday – 5” trots times 3 with 2” interval at walk followed by 4” canter (400m/m T and 350m/m N) times 3 with 2” walk interval, followed by at least 30” walk to cool out

Sunday – hack 1 hr

6 Weeks out

Monday – off

Tuesday – 5” trots times 3 with 2” interval at walk followed by 3” canter (400m/m T and 350m/m N) times 3 with 2” walk interval, followed by at least 30” walk to cool out

Wednesday – hack 1 hour

Thursday – hack plus dressage at least 1 hr

Friday – hack plus show jumping school at least 1 hr

Saturday – 5” trots times 3 with 2” interval at walk followed by 3” canter (400m/m T and 350m/m N) times 3 with 2” walk interval, followed by at least 30” walk to cool out

Sunday – hack 1 hr

Prior to this horse should be fit enough to be participating in horse trials at the correct level

Any of the Saturday gallops can be replaced by a competition date.

m/m = meters per minute

“ minutes