

A CANTERING PROGRAMME BEFORE A THREE-DAY EVENT

This sample 15-week canter programme leading up to a one-star three-day event should be tailored to suit your horse and your circumstances. Initially, the programme concentrates on building stamina using slow cantering, and then gradually introduces faster periods of work. It is

designed to work the horse aerobically and anaerobically. The cantering sessions should take place twice a week (**a** and **b**), with intervals of rest after each period of work. The horse must be warmed up for 20–30 minutes before and cooled down for the same period afterwards.

WEEK	1ST WORK PERIOD	REST	2ND WORK PERIOD	REST	3RD WORK PERIOD
1a	3 mins at 400 m/min (14.8 mph)	4 mins	4 mins at 400 m/min (14.8 mph)		
1b	3 mins at 450 m/min (16.7 mph)	4 mins	4 mins at 450 m/min (16.7 mph)		
2a	3 mins at 400 m/min (14.8 mph)	3 mins	3 mins at 400 m/min (14.8 mph)	3 mins	3 mins at 400 m/min (14.8 mph)
2b	3 mins at 450 m/min (16.7 mph)	3 mins	4 mins at 450 m/min (16.7 mph)	3 mins	3 mins at 450 m/min (16.7 mph)
3a	CROSS-COUNTRY SCHOOLING SESSION				
3b	3 mins at 450 m/min (16.7 mph)	3 mins	6 mins at 450 m/min (16.7 mph)	2 mins	3 mins at 450 m/min (16.7 mph)
4a	6 mins at 400 m/min (14.8 mph)	2 mins	8 mins at 400 m/min (14.8 mph)		
4b	SPARE SESSION OR CROSS-COUNTRY SCHOOLING				
5a	4 mins at 450 m/min (16.7 mph)	4 mins	4 mins at 500 m/min (18.5 mph)	5 mins	4 mins at 400 m/min (14.8 mph)
5b	8 mins at 400 m/min (14.8 mph)	2 mins	8 mins at 400 m/min (14.8 mph)		
6a	4 mins at 450 m/min (16.7 mph)	3 mins	4 mins at 500 m/m (18.5 mph)	4 mins	4 mins at 400 m/min (14.8 mph)
6b	ONE-DAY EVENT COMPETITION				
7a	REST AND REASSESS PROGRAMME AND GOALS				
7b	4 mins at 450 m/min (16.7 mph)	3 mins	4 mins at 550 m/min (20.4 mph)	3 mins	6 mins at 400 m/min (14.8 mph)
8a	8 mins at 400 m/min (14.8 mph)	2 mins	10 mins at 400 m/min (14.8 mph)		
8b	ONE-DAY EVENT COMPETITION				
9a	REST AND REASSESS				
9b	10 mins at 400 m/min (14.8 mph)	2 mins	10 mins at 400 m/min (14.8 mph)		
10a	6 mins at 450 m/min (16.7 mph)	3 mins	6 mins at 500 m/min (18.5 mph)	3 mins	6 mins at 400 m/min (14.8 mph)
10b	ONE-DAY EVENT COMPETITION				
11a	REST AND REASSESS				
11b	8 mins at 400 m/min (14.8 mph)	2 mins	10 mins at 400 m/min (14.8 mph)	2 mins	7 mins at 400 m/min (14.8 mph)
12a	4 mins at 500 m/min (18.5 mph)	3 mins	2 mins at 650 m/min (24.1 mph)	4 mins	4 mins at 500 m/min (18.5 mph)
12b	ONE-DAY EVENT COMPETITION PLUS STEEPLECHASE PRACTICE				
13a	REST AND REASSESS				
13b	SPARE SESSION/REST				
14a	2 mins at 550 m/min (20.4 mph)	2 mins	2 mins at 600 m/min (22.2 mph)	3 mins	2 mins at 550 m/min (20.4 mph)
14b	2 mins at 550 m/min (20.4 mph)	2 mins	2 mins at 600 m/min (22.2 mph)		
14c	2 mins at 550 m/min (20.4 mph)	2 mins	2 mins at 650 m/min (24.1 mph)		
15a	SPARE SESSION				
15b	THREE-DAY EVENT (NOVICE LEVEL) See exercise overview (pp.296–97)				