***Thanks to Raccoon Valley Pony Club (Kate Hauck)***

**How to Make a C2 Conditioning Schedule**

1. Pick a specific show or competition that you would like to prepare for. It can be in any discipline, but it should have a specific date. If you don’t already know and understand what the physical conditioning requirements are for that show (what your horse has to do and how fit they must be to safely participate), then you should research the discipline and learn more about it.
2. Write a paragraph or two about your horse and the conditioning schedule:
   1. Description (age, weight, breed, etc.)
   2. Current condition and work-load
   3. Previous experience in the discipline and level that you chose
   4. Specific goal with date (not just to place well in the competition, but what aspects you have to improve to do well)
   5. What they eat (hay, grain, supplements)
   6. Up-to-date on all vaccinations, worming, and farrier care
   7. You must state that you will have your horse checked by a vet before you start to make sure that the horse is capable of the task and that every two weeks, you will evaluate the horse’s soundness, condition, diet, mental well-being, and overall health.
   8. You must state that this conditioning schedule is for just your particular horse and that it is only a guideline; you will make adjustments if necessary for your horse’s well-being and health.
   9. Describe any terms in your conditioning schedule that aren’t obvious
3. Use a chart for the conditioning schedule. Go day-by-day and have a short description of what you are doing. Here are some things you can include: flat work, jumping course work, grids, cross-country, hacks, hill work, lungeing, gallops, and conditioning sets. Make sure to describe each of these to some extent when/if you use them, but don’t write too much. Also, you must include feed changes in the schedule.

Some things to keep in mind:

* Start with the level of work your horse is in now and work towards your goal gradually and evenly
* Do more slower work instead of lots of fast work
* Be realistic
* Remember to include warm-up, cool-down, and walking
* Include an amount of time for each day
* Remember to include a rest day once per week