



Fittening Notes

- 1 Worm, teeth, blood test, Flu Vac, Shoe (balance) clip before starting
- 2 Feed according to work and horse takes me at least three months with a new horse. - Salt, electrolytes.
- 3 Slow work pref. walking to start with increasing to trot on roads for Six to eight weeks. Heavy-muscled types need more work.
- 4 Work on school, flat work, gymnastic jumping etc.
- 5 Work on downs and beach increasing to very slow collected canter Up and down hills. Between hand and leg. Muscle right.
- 6 Very rarely, monthly? Give a gallop Keep horse sweet.
- 7 Work your ride programme out deciding when you want to do well. Use some rides as training rides.
- 8 Always give time off after a long CER Do not do too many in a season.
- 9 Choose right ground terrain for your horse.
- 10 Know the kilometres per hour your horse is travelling at, in all gates.
- 11 Know the speed your horse performs best at on different terrains And weather conditions. Do not go faster than you know is best.
- 12 Plan before ride, check past times, decide on your speed take laminated times and stick to it.