

FITNESS SCHEDULE

W1D3: Gallop, Jog, Walk The Shedrow, School In Paddock, School In Gate

W1D6: Gallop, Jog

W2D3: Gallop, Jog

W2D6: Gallop, Jog

W3D3: Gallop, Jog - fully fit-

W3D6: Gallop, Jog

W4D6: Ready To Workout

WORKOUT DETAILS

SCHEDULE

Start workouts on Week 4 Day 6 (*for yearlings, this is when they can safely work without additional risk of injury but they must be fully fit*), and workout at the same distance on the same day every week. So W4 D6, W5 D6, W6 D6, W7 D6, etc.

Thoroughbred Distances

Milers: 4 Furlongs

Routers: 5 Furlongs (or 7)

Sprinters: 3 Furlongs

Mixer Distances (paints, qh's, appaloosas)

Milers: 350 yards

Routers: 400 yards

Sprinters: 300 yards

Arabian Distances

Routers: 5 furlongs

Sprinters: 4 furlongs

Standardbred Distances

Pacers: 1 mile

Trotters: 1 mile

Note: Rotating workout distances is an option but I prefer to keep them working out at the same distances

EQUIPMENT

Rotate through the pieces of equipment, but try to buy the first piece if possible. ALWAYS run at the same distance when searching for a piece of equipment!

"*I have to observe this horse in training to try to figure it out*" = it's a training piece, so either blinkers, ear muffs, figure-8, shadow roll, sure win or no whip or ring bit

"but I can't help you with that" = that means it's a vet piece, so lasix, front bandages, back bandages or tongue tie

MAIDEN TIMES

- sprinters run W1
- Milers run W7
- Routers run W10

IMPROVE THEORIES

(Not fact, theory)

Late Bloomer: Will be best as a 3 - 4 year old

Progressive: Best until the end of 3 year old season

Peak: Will be best for 1st and 2nd season

Chances to improve:

- 2YO Gallop (pre-season)
- 3YO Gallop (pre-season)
- 1st start improver (rare. Ex. DD)
- 2nd start improver
- W8 D7 after barrier trials (gallop routers and yearlings and 3 days rest)

