



Tables

Write the vision, and make it plain upon tables, that he may run that readeth it. Habakkuk 2:2

PROGRAMME FOR OLDER HORSES STARTING FROM SCRATCH, NEW ARRIVALS OR RECOVERING AFTER INJURY

Day 1-3	Ridden and led 30 min. Use ACP. if necessary
Day 4	Ridden loose in enclosed area 1 hour, including 3 x 5 minute jogs
Day 5	As above, including 4 jogs
Day 6-8	As above, including 3 x 10 min jogs
Day 9-11	Assess whether safe to go outside, 1 hour including 3 x 15 min trots. Be careful.
Day 12-16	Trot 20 min walk 10 min, trot 25 min
Day 17	Trot 2 x 15 min walk 2 x 5 min, canter 1 x 2 fur @ 20 secs/fur
Day 18-19	Same, plus canter 3 fur @ 20 sec/fur
Day 20-21	Trot 15 min, walk 2 x 3 fur @ 20 sec/fur
Day 22-23	Trot 15 min, walk, canter 2 x 4 fur @ 20 sec/fur
Day 24-25	Trot 15 min, walk, canter 3 x 4 fur @ 20 sec/fur
Day 26-27	Trot 15 min, canter 3 x 5 fur @ 20 sec/ fur
Day 28-31*	Trot 10 min, canter 2 x 5 fur @ 20 sec/fur, 1x 5 fur @ 18 sec/fur
Day 32-35	Trot 10 min, canter 2 x 5 fur @ 18 sec/fur, 1x 6 fur @ 18 sec/fur
Day 36-39	Trot 5 min, canter 2 x 6 fur @ 18 sec/fur 1 x 7 fur @ 18 sec/fur
Day 40-43	2 x 7 fur @ 18 sec/fur, 1 x 5 fur @ 16 sec/fur
Day 44-47	3 x 6 fur @ 16 sec/fur
Day 48-49	2 x 6 fur @ 16 sec/fur, 1 x 6 fur @ 15 sec/fur
Day 50-51	1 x 6 fur @ 16 sec/fur, 2 x 6 fur @ 15 sec/fur
Day 52-53	1 x 6 fur @ 16 sec/fur, 1 x 6 fur @ 14 sec/fur
Day 54	1 x 6 fur @ 16 sec fur, 1 x 4 fur @ 13 sec/fur
Day 55	1 x 7 fur @ 18 sec/fur [Easy day after first speed]
Day 56-57*	1 x 6 fur @ 16 sec/fur, 1 x 6 fur @ 15 sec/fur
Day 58	1 x 6 fur @ 16 sec/fur, 1 x 5 fur @ 13 sec/fur
Day 59-60	1 x 6 fur @ 16 sec/fur, 1 x 6 fur @ 15 sec/fur
Day 61	1 x 6 fur @ 16 sec/fur, 1 x 4 fur @ 12 sec/fur
Day 62-64	1 x 7 fur @ 16 sec/fur, 1 x 6 fur @ 15 sec/fur
Day 65	1 x 7 fur @ 16 sec/fur, 2 x 3 fur @ 12 sec/fur
Day 66-69	1 x 7 fur @ 16 sec/fur, 1 x 7 fur @ 15 sec/fur
Day 70	1 x 7 fur @ 16 sec/fur, 2 x 4 fur @ 13 sec/fur

Should be ready to resume normal regime for older horses; again, all increases assume easy completion of previous tasks. Sundays off. Any section can be expanded, but should not be shortened. Always walk 5/10 min between canters. Fresh horses should wear boots and should be kept as calm as possible to avoid further delays due to accidents.

*See Training Programme For 2-Year-Olds (page 158/9) for explanation of asterisks.



Everyday Training

(See Programme For Older Horses, page 156)

The initial groundwork programme should be carefully set out so as to steadily increase fitness whilst building a strong foundation for the season ahead, and should not involve improvisation. Progress is monitored by careful observation of the horse's wind fitness, muscle tone, weight and general attitude. Once the horse has reached competition level, it is extremely difficult to be too specific or regimented about his requirements if the best possible results are to be obtained.

Basic training methods in Newmarket involve 2 daily canters. The first should be at a 'normal' cantering rate of around 17 or 18 sec/fur, followed by a second at around 15 sec/fur. In most cases, three canters are no longer used, probably reduced largely due to time constraints. Tuesday and Friday, or Wednesday and Saturday, are regarded as work days and the second trip will either be three parts speed at around 13 sec/fur or serious work involving 25 or 24 second quarters, usually in company. Any horse's work tends to reflect, to some extent, the distance he will compete at; however, it is extremely difficult to organise long-distance work satisfactorily and a race will often greatly benefit a staying horse. Pure sprinters can also be difficult to work satisfactorily over the full five furlongs and alternatives should be explored so as to lessen the dangers of creating short runners, and of making these animals too keen.

Various factors such as the geography of the ground being used, the state of the going and the availability, or otherwise, of working companions, will tend to influence daily training routines. Charts may tend to show as many variables as constants once the basic training is

completed and actual racing has begun, and would therefore prove confusing. It may be easier to think of the established racehorse's training programme as being based loosely on a points system, in which the important issue is that the weekly target points are actually earned rather than the manner in which they are earned.

In order to demonstrate the rationale behind the recommended flexible system, every rate of speed may be allotted a value. The number of yards covered per second (based on 220 yards divided by the sec/fur rate, rounded up) is for 16 sec/fur - 14 yards, for 15 sec/fur - 15, for 14 sec/fur - 16, for 13 sec/fur - 17 and for 12 sec/fur - 18. The practical relationship of one rate to another for the purpose of calculating work may be said to correspond to that between the number of yards in excess of 10 per second at each rate. For example 16 sec/fur is 4, 15 is 5, 14 is 6, 13 is 7 and 12 sec/fur is 8. If these rough values are borne in mind, it is easy to calculate a very flexible programme without the constraints of a rigid two workday system. It is apparent that if an animal is doing regular swinging canters and half speeds on his second trip daily then, in most cases, he will not require a full programme of really fast work, as long as he races regularly. These figures are intended to illustrate the theory, and do not imply that exact calculations have been made in terms of miles/hour.

If we take the first daily canter as being much the same whether the traditional two workday method is used or a more flexible one, then it need form no part of the calculation. There are many ways of achieving a similar total workload on the second trips throughout the week. A horse completing his first canters as normal and doing a 6 furlong second canter at a 15 second rate on

Everyday Training

Monday, Tuesday, Thursday and Friday, with 5 furlong works at a 12 second rate on Wednesday and Saturday, may be said to have delivered $(4 \times 6 \times 5) + (2 \times 5 \times 8)$, or 200 units of training in addition to his regular first canters. This is only an example; a clear-winded animal may not require as much and a gross horse might require more. If, however, this were felt to be an appropriate work schedule, then a weekly total of second trips comprising five $\times 7$ fur at a 15 sec rate and one 3 furlong brush at a 12 sec rate would give a similar benefit to an already fit horse. There are virtually untold other ways in which he could deliver roughly the same weekly amount of meaningful training by various combinations which would, quite possibly, be more suited to his temperament and inclinations than the twice weekly workday ritual.

As a very general rule, the physical type of the horse will provide an idea of whether he is likely to require a great deal of work. However, physique can sometimes prove misleading as a guide and close attention should always be paid to how much the individual blows after his exercise, as described in the main text. Those horses which unexpectedly blow very hard, relative to their work and fitness, should be monitored as they may be unwell.

Accomplishing a similar amount of exercise in a less structured way may also tie in better with the work being done by other team members, giving a double benefit to a more flexible approach. The important thing is to keep in view just what a particular horse's overall schedule calls for, rather than become too regimented. The more work that any horse does whilst doing it cheerfully the better, but considerable ingenuity is often required to get, and keep, older and more cunning horses fit without making them sour. The use of times throughout this training schedule has been adopted in order simply to illustrate more clearly the principles advocated.

Any uncalled-for and unplanned increases should be avoided if possible but, if they do

occur, they must not be ignored and should be compensated for.

A race should always be regarded as part of the training programme, and the horse should be returned to the training programme very quickly, as long as he has suffered no ill effects, in order to benefit from the effort.

Horses racing over longer trips should regularly go further, say 8 or 10 furlongs on some of their 15 sec rate trips; they can increase their speed a little over the last two furlongs on these occasions, but their fast work can normally be restricted to 6 or 7 furlongs.

It must be emphasised that the times referred to throughout these schedules are purely used in an attempt to clarify the principles involved; in effect, it is extremely difficult to accurately monitor time in a setting such as Newmarket Heath. The method of counting strides per half furlong as described in the text can be a useful aid, but is obviously dependent on correctly identifying the relationship between stride pattern and time for at least some of the horses in the string. An average horse will tend to take around 30 strides to the furlong when he is just barely still on the bridle (at around 12 sec/fur). This equates to a stride of around 22 feet.

As a general rule, more benefit will be derived from short repeats of 3 or 4 furlongs than from one longer trip at the same pace; however, this method can prove unsettling to many horses, particularly in a wide open environment, and it should be practised with caution. It can prove extremely useful in the case of an old horse which has become rather blasé, as he will only benefit by being slightly 'revved-up'.

All exercise is presumed to take place under the safest conditions possible; that is to say, fast work can always be postponed if the underfoot conditions are particularly bad in the short term. All riders must be instructed to use the freshest ground, which on a very wet day may be yesterday's ground once the fresh has been destroyed, and to pull their mounts up with extreme care at the end of work