

# TRAINING PROGRAMME FOR 2-YEAR-OLDS, STARTS JAN 4, EVERY DAY, SUNDAYS OFF

## WORKLOAD

WEEK	20 sec/fur	18 sec/fur	16 sec/fur	15 sec/fur	14 sec/fur	13 sec/fur	12 sec/fur	<12 sec/fur
<b>Wk 1</b>	2 x 4 fur							
<b>Wk 2</b>	2 x 5 fur							
<b>Wk 3</b>	3 x 5 fur							
<b>Wk 4</b>	2 x 5 fur	1 x 4 fur						
<b>Wk 5*</b>	1 x 5 fur	2 x 4 fur						

From now on WORKDAYS twice per week, Tues/Fri or Wed/Sat.

\*This programme is too demanding for the more backward 2-year-olds. Once they have learnt to canter properly, by about Week 5, they should adopt a more gradual approach. If they are allowed 3 or 4 months to complete the work suggested between Days 28 and 58 of the Programme For Older Horses Starting From Scratch (page 156), then they will be ready to resume this programme at Week 12 (\*), although they will have taken around 20 or 22 weeks to reach that point.

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<b>Wk 6 daily</b>	1 x 5 fur	2 x 4 fur						
Workdays	1 x 5 fur		1 x 4 fur					
<b>Wk 7 daily</b>	1 x 5 fur	1 x 5 fur						
Workdays		1 x 5 fur		1 x 4 fur				
<b>Wk 8 daily</b>		1 x 5 fur	1 x 5 fur					
Workdays		1 x 5 fur			1 x 3 fur			
<b>Wk 9 daily</b>		1 x 5 fur		1 x 5 fur				
Workdays		1 x 5 fur			1 x 4 fur			
<b>Wk 10 daily</b>		1 x 5 fur		1 x 5 fur				
Workdays		1 x 5 fur				1 x 3 fur		
<b>Wk 11 daily</b>		1 x 5 fur		1 x 5 fur				
Workdays		1 x 5 fur				1 x 4 fur		
<b>Wk 12 daily*</b>		1 x 5 fur		1 x 5 fur				
Workday 1		1 x 5 fur				1 x 4 fur		
Workday 2		1 x 5 fur					1 x 2 <sup>1</sup> / <sub>2</sub> fur	
<b>Wk 13 daily</b>		1 x 5 fur		1 x 5 fur				
Workday 1		1 x 5 fur				1 x 4 fur		
Workday 2		1 x 5 fur					1 x 3 fur	

<b>Wk 14</b> daily		1 x 5 fur	1 x 5 fur		
Workday 1	1 x 5 fur			1 x 5 fur	
Workday 2	1 x 5 fur				1 x 4 fur
<b>Wk15</b> daily		1 x 6 fur	1 x 6 fur		
Workday 1	1 x 6 fur			1 x 5 fur	
Workday 2	1 x 6 fur				1 x 4 fur
<b>Wk 16</b> daily		1 x 6 fur	1 x 6 fur		
Workday 1		1 x 6 fur			1 x 5 fur
Workday 2		1 x 6 fur			1 x 2 <sup>1</sup> / <sub>2</sub> fur
<b>Wk 17</b>	Barring accidents - ready for a race, although not 100% tight yet.				
Sunday					
Monday		2 x 6 fur			
Tuesday		1 x 6 fur			1 x 5 fur
Wednesday		1 x 6 fur	[Easy day - busy week]		
Thursday		2 x 6 fur			
Friday		1 x 3 fur		1 x 2 <sup>1</sup> / <sub>2</sub> fur	
Saturday		Race 5 furlongs in 1 min 03 sec [standing start]			<b>RACE</b>
<b>Wk 18</b>					
Sunday		Walk and trot 20 mins			
Monday		1 x 5 fur			
Tuesday		1 x 5 fur			
Wednesday		2 x 6 fur			
Thursday		1 x 6 fur	1 x 6 fur		
Friday work		1 x 6 fur			1 x 4 fur
Saturday		1 x 6 fur	1 x 6 fur		
<b>Wk 19</b>					
Sunday		Walk and trot 20 mins			
Monday		1 x 6 fur		1 x 2 <sup>1</sup> / <sub>2</sub> fur	
Tuesday		Should improve 7lbs [2 or 3 lengths] from first start			<b>RACE</b>

This programme is intended to demonstrate the steady progression of the training process. In practice, there will be several holdups due to weather, ground conditions, sickness and sore shins. Every effort should always be made to ensure that there are no irrational leaps in the programme and that each step is completed satisfactorily before proceeding to the next. From this point onwards, the routine canter can, within reason, be the same as for the older horses; however, 2-year-olds should normally never be expected to work further than 6 furlongs at the 12 second rate.