

PROGRAMME FOR SORE SHINS REHABILITATION

Programme assumes sore shins are discovered before horse works with them.

Day 1	Walk 1 hour.	Hosepipe 2 x 15 mins [a.m. and p.m.]
Day 2	As above	
Day 3	As above	
Day 4	As above. Assess whether sound to jog.	Hosepipe as above
Day 5	If sound, jog 3 x 5 mins, walk 3 x 15 mins.	Hosepipe as above
Day 6	If sound, trot 3 x 10 mins, walk 3 x 10 mins.	Hosepipe as above
Days 7-17	Trot 3 x 15 mins, walk 3 x 5 mins.	Hosepipe as above
Day 18	Trot 2 x 15 mins, walk 2 x 5 mins, canter 1x 3 fur @ 20 sec/fur.	Hosepipe as above
Day 19	If sound, trot 15 mins, 2 x 3 fur @ 20 sec/fur.	Hosepipe as above
Day 20	Trot 10 mins, 2 x 4 fur @ 20 sec/fur.	Hosepipe as above
Day 21	Trot 10 mins, 2 x 5 fur @ 20 sec/ fur.	Hosepipe as above
Day 22	Trot 10 mins, 2 x 5 fur @ 18 sec/fur.	Hosepipe as above
Day 23	As above	
Day 24	Trot 5 mins, 2 x 5 fur @ 16 sec/fur.	Hosepipe as above
Day 25	As above	
Day 26	1 x 5 fur @ 16 sec/fur, 1 x 5 fur @ 15 sec/fur.	Hosepipe as above
Day 27	As above	
Day 28	1 x 6 fur @ 16 sec/fur, 1 x 6 fur @ 15 sec/fur.	Hosepipe as above
Day 29	1 x 6 fur @ 16 sec/fur, 1 x 4 fur @ 14 sec/fur.	Hosepipe as above
Day 30	Back to normal.	

As in all aspects of training, every increase assumes the previous stage was completed satisfactorily.

WEIGHT-FOR-AGE TABLE: FOR HOME TRIAL GALLOPS

A: 3-y-o, weight advantage (lbs) received from 4-y-o

B: 2-y-o, weight advantage (lbs) received from 3-y-o

[Receives A+B from a-4-y-o]

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
5 furlongs												
A:	9	8	7	6	5	4	3	2	1	0	0	0
B:	-	35*	30*	27*	25	23	21	19	17	15	13	11
6 furlongs												
A:	11	10	9	8	7	6	5	4	3	2	1	0
B:	-	-	-	-	-	25	23	21	19	17	15	13
7 furlongs												
A:	13	12	11	10	9	8	7	6	5	4	3	2
B:	-	-	-	-	-	-	25	23	21	19	17	15

This scale is based on the official scale but has been slightly amended so as to appear more logical. As the young horse matures, he requires less of a weight concession, although obviously the longer trip is more difficult for him, hence the increased allowance. The example given on page 70 implies that, if a 2-y-o can work with a 70-rated 3-y-o, receiving only 7lbs instead of the 25 as shown here, then he will need to work to a rating of 88.

*It is not recommended to work 2-year-olds further than 3 furlongs with an older horse in February or 4 furlongs with an older horse in March.