

# Oakhurst Show Team Meeting

2024



# WELCOME



[Riding](#) [Coach Education](#) [Boarding](#) [Training](#) [For Sale](#) [2024 Oakhurst Events](#) [Oakhurst Students](#)

- All Documents can be found here
- Password is: OAK2024



# SHOW BOOK

	Date:	Horse Trials:	Derby:	Dressage Show:	Other:
M a y	4				Ruth - Rookie Riders - Saskatchewan
	5				Ruth - Rookie Riders - Saskatchewan
	11			Westar Dressage Show	Equilibre Schooling Trip
	12			Westar Dressage Show	Equilibre Schooling Trip
	18				Ruth - HTPEI
	19			Stevens Creek Gold/Silver Dressage Show	Ruth - HTPEI
	25				
	26	Grandview HT - 115, 110, 105, 100, 90			
J u n e	1				
	2	Wesley Clover HT - 115/110,110, 105, 100, 90, 85, 78, 60			
	8	Bromont 3 Day Event - CCI 2*, 3*, 4*			Ruth - MHT
	9	Bromont 3 Day Event - CCI 2*, 3*, 4*			Ruth - MHT
	15				
	16	Little Bromont HT - 110, 100, 90, 85, 78			
	22				Ruth - Yukon
	23			Stevens Creek Gold/Silver Dressage Show	Ruth - Yukon
	29	Equilibre HT - 115, 110, 105, 100, 90, 85, 75, 60			
	30	Equilibre HT - 115, 110, 105, 100, 90, 85, 75, 60			
J u l y	6				Ruth - HTNS
	7				Ruth - HTNS
	13			Westar Dressage Show	
	14			Westar Dressage Show	
	20	Oakhurst Schooling Day			
	21	Oakhurst Schooling HT - 100, 90, 85, 75, 60			
	27				
	28	Stevens Creek HT- 110, 100, 90, 85, 78, 60			



# SHOW BOOK

## Grandview Horse Trials #1 May 26th, 2024

*Levels offered: EV115, EV110, EV100, EV90*

Rider:	Horse:	Level:	Trailing Required:	Entered:

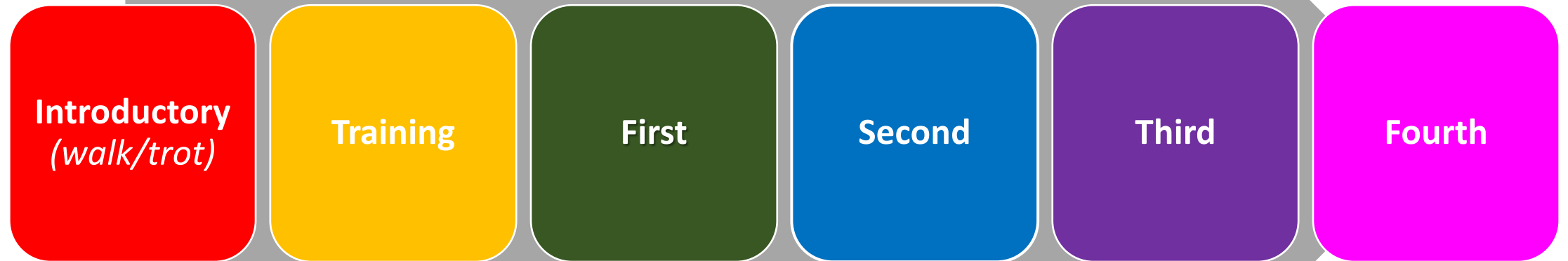




# EVENTING COMPETITION LEVELS



# NATIONAL & ESD DRESSAGE SHOW LEVELS



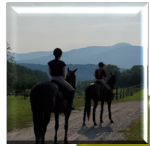
A decorative graphic on the left side of the slide featuring a dense pile of light-colored wooden letters and numbers of various sizes, scattered on a vibrant blue background. The letters are three-dimensional and cast soft shadows.

# COMMON ACRONYMS

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- EC = Equestrian Canada (*otherwise known as the NSO – National Sport Organization*)
- PTSO = Provincial / Territorial Sport Organization
  - *Ontario Equestrian (OE)*
  - *Cheval Quebec*
  - *New Brunswick Equestrian Association (NBEA)*
- PHTA = Provincial Horse Trials Association
  - *Ontario Eventing Association (OEA)*
  - *Canadian Eventing Association of Quebec (ACCC-Q)*
  - *Horse Trials New Brunswick (HTNB)*
- FEI = Federation Equestre International

# WHAT MEMBERSHIPS DO I NEED TO COMPETE AT AN EC SANCTIONED EVENT?



EV90 & Below

- OE
- OEA
- EC Bronze



EV100 & EV 105

- OE
- OEA
- EC Silver
- EC Horse Recording



EV110 & Above

- OE
- OEA
- EC Gold
- EC Horse Recording



FEI

- OE
- OEA
- EC Platinum
- EC National or FEI Passport
- FEI Rider Registration

**With the OE Membership – MANDATORY** - 2 Modules to be completed with your membership:  
*Equestrian Canada: Concussion Awareness & Fostering Healthy Equestrian Environments*

# WHAT MEMBERSHIPS DO I NEED TO DO DRESSAGE SHOWS?



ESD

- OE
- OADG *(for awards)*



Silver

- OE
- EC Silver Sport License
- EC Horse Recording
- OADG *(for awards)*



Gold

- OE
- EC Gold Sport License
- EC Horse Recording
- OADG *(for awards)*

**At EC Sanctioned competitions – to compete as an Adult Amateur you must have an AA designation on your EC Sport License**



# HORSE RECORDINGS & PASSPORTS

## Horse Recordings

- Are required for horses competing at EC sanctioned Silver & Gold levels.

## EC National Passports

- Are FEI recognized passports for horses competing at the FEI 1\* & 2\* levels **within** Canada.

## FEI Passports

- Are for horses competing at FEI competitions internationally or FEI competitions at the 3\* level or higher within Canada.

*\*Please note that both the FEI and EC National Passports need the vaccination information up to date. As well, horses that hold these passports need to be micro-chipped and both horse and rider will require an FEI registration which is obtained through Equestrian Canada.*



# SCORING & THE RULES

A super quick overview – Horse Trials



# POP QUIZ!

1. Becky scores 28 in Dressage. On the cross country she has 1 refusal at Jump #12 and is 8 seconds over the optimum time. In the Show Jumping she has 2 rails down but is under the optimum time. What's Becky's score?

**Becky's score: 59.2**

2. Jamal scores 35.5 in Dressage. On the Cross Country he has 2 refusals at Jump #3 and is 23 seconds over the optimum time. In the Show Jumping he has 1 rail down and was over the optimum time by 4 seconds. What is Jamal's score?

**Jamal's score: 110.3**

3. Karen scores 24 in Dressage. On the Cross Country she had no refusals, however jumped awkwardly into the water activating a frangible device. Then, in an attempt to make up time on course, repeatedly left out strides at multiple fences and was met at the finish line by the Ground Jury. She jumped clear in the Show Jumping. What might Karen's penalties be?

**Karen's penalties might be: 60 and/or red card, and/or elimination**





## DRESSAGE

**Scoring:** The leader after dressage is the horse and rider with the lowest penalty points.

**Errors of Course:**

- 1<sup>st</sup> error = 2 points**
- 2<sup>nd</sup> error = + 4 points more**
- 3<sup>rd</sup> error = TE**

### **A few reasons for Elimination in Dressage:**

- Receiving unauthorized assistance
- Performing the test in improper saddlery
- Lameness
- Leaving the ring before the completion of the test
- Resistance
- Not entering the arena within 90 seconds of the starting signal
- Fall of horse and/or rider



# CROSS COUNTRY

## Scoring:

1<sup>st</sup> refusal or run-out at an obstacle:

2<sup>nd</sup> refusal or run-out at same obstacle:

3<sup>rd</sup> refusal or run out at the same obstacle:

3<sup>rd</sup> refusal on the entire course at EV105 and above:

4<sup>th</sup> refusal on the entire course at EV100 and below:

**20 penalties**

**plus 40 penalties**

**Elimination**

**Elimination**

**Elimination**

Fall of horse & or Rider: **Elimination & Mandatory Retirement**

Activating a frangible obstacle/device: **11 penalties**

Over Optimum Time: **0.4 penalties per second**

Excessive speed: EV100 and below: **0.4 penalty per second under the speed fault time**

Willful delay: **15 penalties**

Dangerous Riding: **25 penalties + Red Card and/or elimination**

A few other reasons for Elimination in Cross-Country:

- Deliberately starting before being given the signal
- Jumping or attempting to jump an obstacle without headgear, or unfastened harness
- Willful obstruction of an overtaking competitor
- Failure to stop when signaled
- Unauthorized assistance
- Error of course not rectified
- Omission of obstacles or mandatory passage
- Retaking an obstacle already jumped
- Jumping an obstacle in the wrong order
- Larking
- Alteration of obstacles
- Jumping practice fences the wrong direction
- Failure to pass start and finish flags mounted
- Abuse of horse



# SHOW JUMPING

Knocking down an obstacle:	<b>4 penalties</b>
First refusal or run-out:	<b>4 penalties</b>
Second refusal or run-out in the whole test:	
- at EV105 and below:	<b>8 penalties</b>
- at EV110 and above:	<b>Elimination</b>
Third refusal or run-out in the whole test:	
- at EV105 and below:	<b>Elimination</b>
Fall of horse and/or rider:	<b>Elimination &amp; Mandatory Retirement</b>
Over Optimum Time:	<b>0.4 penalties per second</b>

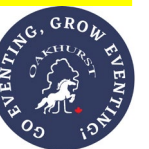
A few other reasons for Elimination in Show Jumping:

- Not entering the arena when the competitor's number is called
- Not entering the arena mounted or not leaving the arena mounted
- Unauthorized assistance
- Not stopping when the bell is rung
- Jumping or attempting to jump an obstacle without headgear, or unfastened harness
- Jumping or attempting to jump an obstacle before the signal to start
- A horse resisting for 45 consecutive seconds during the test
- Failure to pass through the start and finish flags mounted
- Omission of obstacles in the test
- Jumping an obstacle in the wrong order
- Jumping an obstacle in the wrong direction
- Error of course not rectified
- Failure to re-take all the elements in a combination where there has been a refusal, run-out or circle in the second or third element.



# WHERE CAN I FIND MORE?

- Equestrian Canada: [www.equestrian.ca](http://www.equestrian.ca)
- Ontario Equestrian: [www.ontarioequestrian.ca](http://www.ontarioequestrian.ca)
- Ontario Eventing Association: [www.ontarioeventing.ca](http://www.ontarioeventing.ca)
- National Capital Horse Trials Association: [www.nchta.ca](http://www.nchta.ca)
- Quebec Horse Trials Association: [www.acccq.ca](http://www.acccq.ca)
- Federation Equestre International: [www.fei.org](http://www.fei.org)
- United States Eventing Association: [www.useventing.com](http://www.useventing.com)
- [evententries.com](http://evententries.com) and [startboxscoring.com](http://startboxscoring.com)
- [eventingnation.com](http://eventingnation.com)
- [competeeasy.com](http://competeeasy.com)





# WHAT LEVEL CAN I COMPETE AT?

- Rider – any age
- Horse - 4 yr. old min

EV90 &  
Below



- Rider - 12 yr. old min
- Horse - 4 yr. old min
- 2 MER's at EV90

EV100



- Rider - 12 yr. old min
- Horse – 5 yr. old min
- 2 MER's at EV100

EV105



# WHAT LEVEL CAN I COMPETE AT?

- Rider – 14 yr. old min
- Horse - 5 yr. old min
- 3 MER's at EV100

EV110



- Rider - 16 yr. old min
- Horse - 6 yr. old min
- 4 completions at EV110, 2 MER's

EV115



- Rider - 18 yr. old min
- Horse – 6 yr. old min
- 3 completions at EV115, 2 MER's

EV120



# Minimum Eligibility Requirements (*MER's*)

A result achieving 'Minimum Eligibility Requirements' is done by completing a competition within minimum parameters of all round performance as follows:

- ***Not less than 55% of good marks in the dressage test which equals 45 penalties***
- ***Zero jumping penalties at obstacles on Cross Country & not more than 75 seconds (30 penalties) over the optimum time***
- ***Not more than 16 penalties at obstacles in Show Jumping***



# WHAT LEVEL CAN I COMPETE AT?

- As a combination:  
Minimum of three MERs at EV100 or EV105 HT
- 1 of those MER's is to be within 3 months of the competition.
- One MER may include a maximum of 20 jump penalties cross country

FEI 1\*



- Athlete: Minimum of 2 MERs at EV110 HT with no jumping penalties cross country
- Horse: Minimum of 1 MER at EV110 HT with no jumping penalties cross country

FEI 2\*S



- As a combination:  
Minimum of three MERs at CCI 2\*S or EV110 HT
- 1 of those MER's is to be within 3 months of the competition.

FEI 2\*L





# WHAT LEVEL CAN I COMPETE AT?

- Minimum of 2 MER's at EV115 horse trials.

FEI 3\*S



- 1 MER at a CCI 2\*L  
or
- 1 MER at CCI 3\*S

PLUS:

- 2 MER's at CCI 3\*S

PLUS:

- As a combination - Minimum of 1 MER at CCI 3\*S or EV115 HT within three months of the competition.

FEI 3\*L



- 3 MER's at CCI 3\*L or S

PLUS:

- Minimum of 1 MER at EV120 Horse Trials.

FEI 4\*S





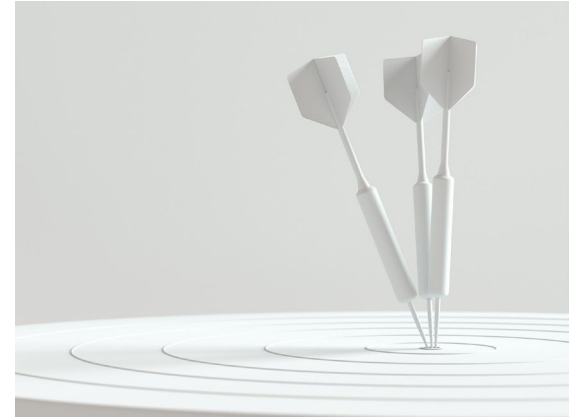
# GOAL SETTING:

Where am I?



Where I want to be!

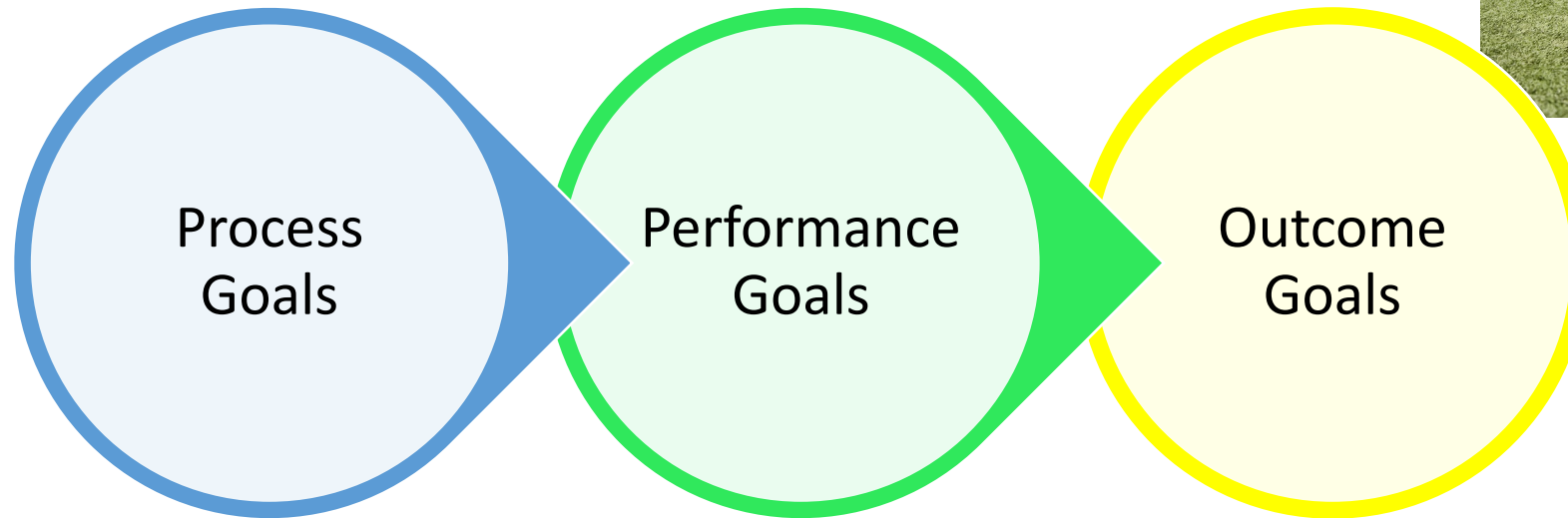
# WHY SET GOALS?



- Help us to focus on what is important
- Provide motivation
- Give a real sense of personal satisfaction upon achievement
- Give purpose
- Help us develop the resilience to persist when the going gets tough
- Targeting a goal encourages us to develop strategies and tactics to achieve our goal

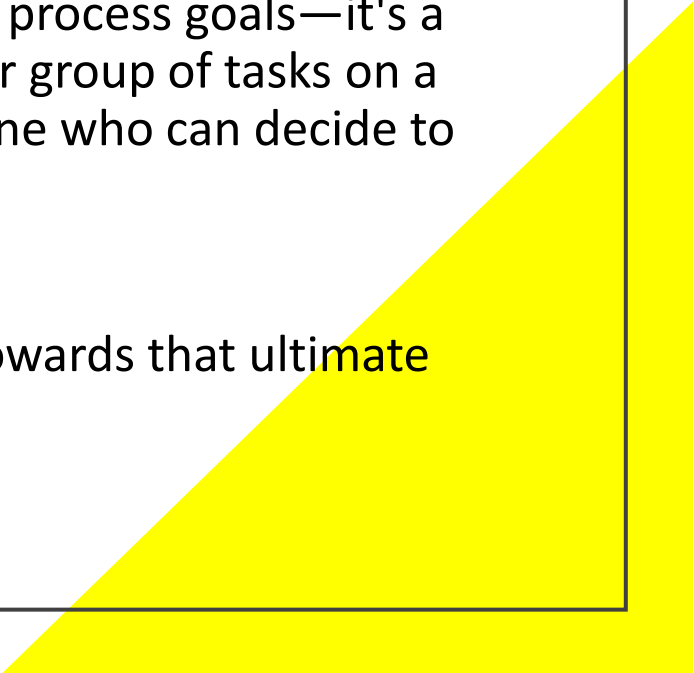


# TYPES OF GOALS





# PROCESS GOALS

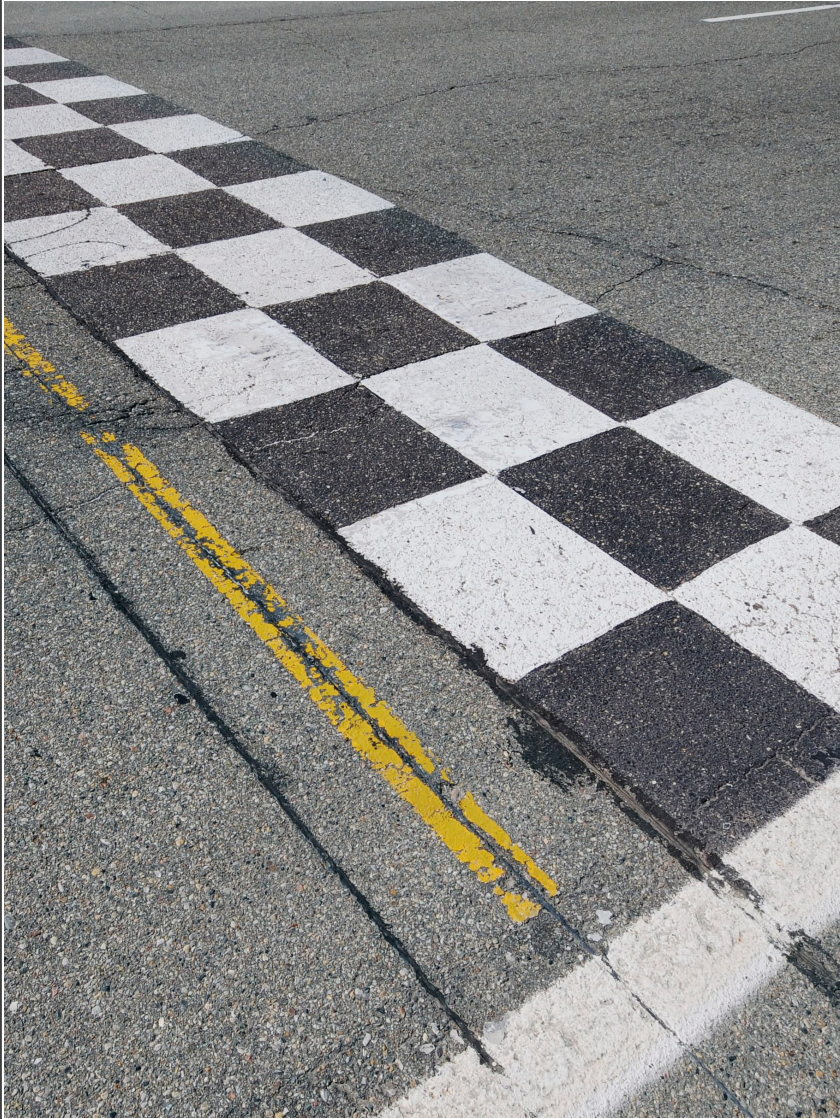
- Process goals are the individual steps you will take to reach each performance goal on your way to your outcome goal.
  - You are in complete control of your process goals—it's a matter of completing a small task or group of tasks on a regular basis, and you're the only one who can decide to do them or not.
  - These are the first steps you take towards that ultimate goal that you set yourself.
- 



# PERFORMANCE GOALS

- Performance goals are a way to measure progress. They are the result of—and larger than—the process goals you complete daily.
- Performance goals are more difficult to control than process goals, as there is more chance of things not going exactly as planned.
- You can control your actions, which are directly linked to your process goals, but it is harder to control their outcomes.

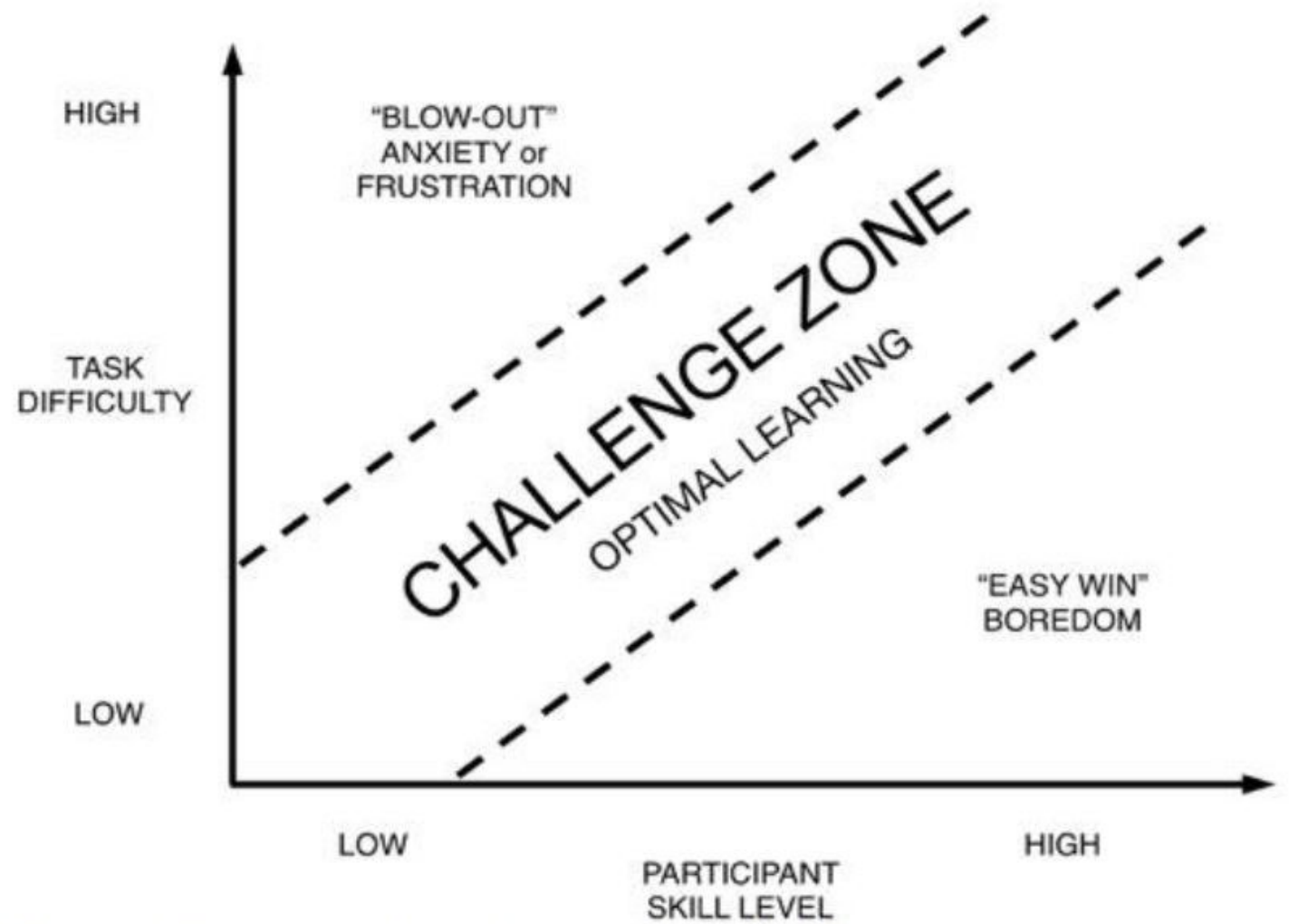




# OUTCOME GOALS

- Outcome goals are the ultimate goals you are striving to reach by completing the process and performance goals. These are the final result of your hard work.
- These goals are very difficult to control, as they tend to be subject to challenges and unforeseen circumstances. Sometimes you will need to re-evaluate your outcome goals based on the progress you're making with your process and performance goals.

# MEANINGFUL COMPETITION



Adapté de : Paul Jurbala, dans Csikszentmihalyi, Mihaly (1990). *Flow: The Psychology of Optimal Experience*



WHAT'S YOUR  
TARGET SCORE?



## Target Score 2024



*What's your target score for 2024?*

Dressage \_\_\_\_\_ penalties

Cross Country      Jump penalties: \_\_\_\_\_      Time penalties: \_\_\_\_\_

Show Jumping      Jump penalties: \_\_\_\_\_      Time penalties: \_\_\_\_\_

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*What was your best score from 2023?*

Dressage \_\_\_\_\_ penalties

Cross Country      Jump penalties: \_\_\_\_\_      Time penalties: \_\_\_\_\_

Show Jumping      Jump penalties: \_\_\_\_\_      Time penalties: \_\_\_\_\_

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*What's the Gap? For each phase identify if your best score from 2023 was + or – your identified target score.*

Dressage \_\_\_\_\_ penalties

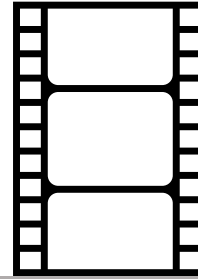
Cross Country      Jump penalties: \_\_\_\_\_      Time penalties: \_\_\_\_\_

Show Jumping      Jump penalties: \_\_\_\_\_      Time penalties: \_\_\_\_\_

# TARGET & GAP WORKSHEET



Heartrate Monitors



Video Analysis

WHAT ELSE  
DO YOU  
MONITOR?



Rate of Perceived Exertion (RPE)



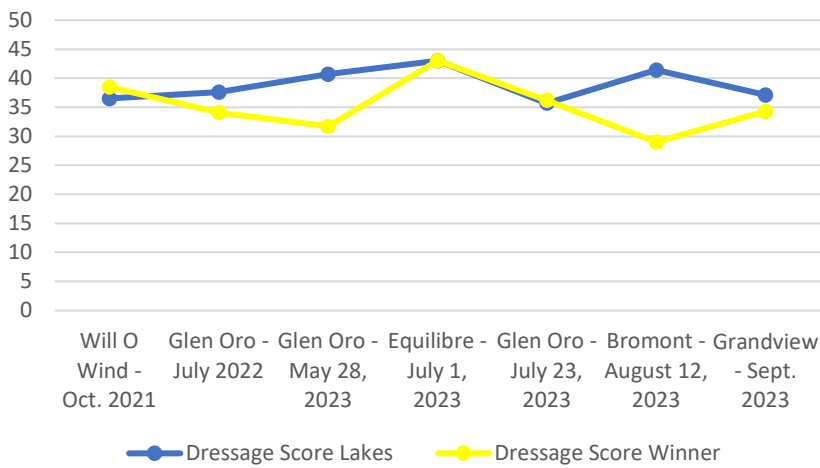
# SLEEP

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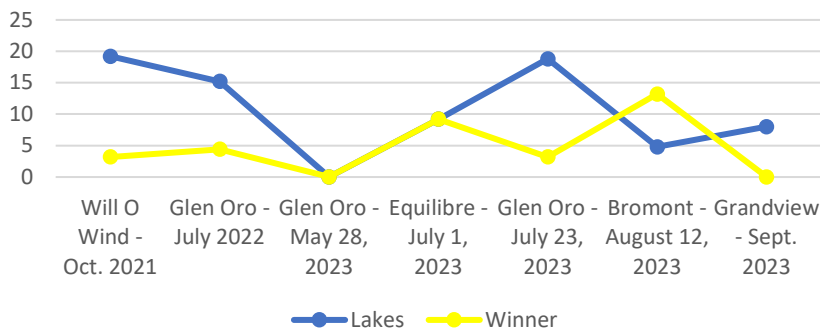
- **What Is a Good Sleep Score?**
  - Sleep Scores are typically rated on a scale of 0-100.
  - 85-100: Optimal
  - 70-84: Good
  - 60-69: Fair
  - 0-59: Pay Attention
- 
- An 85 or higher may be a sign that you are ready to take on new challenges.
  - Scores below 70 indicate that you may benefit from prioritizing rest and recovery in the indicated areas.

# GAP ANALYSIS

Dressage Scores



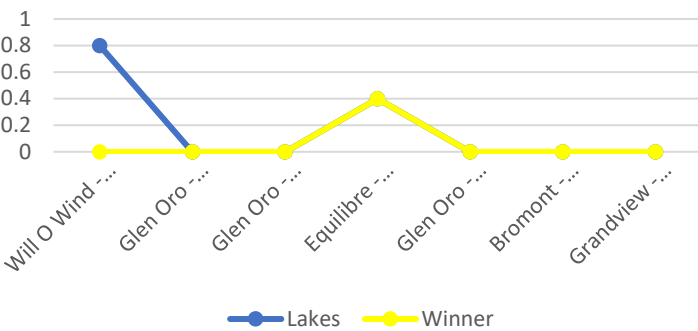
XC Time Penalties



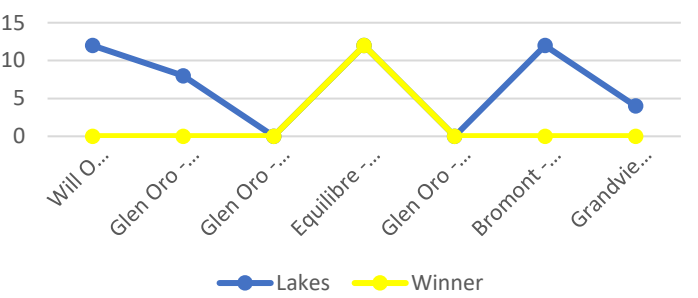
XC Jump Scores



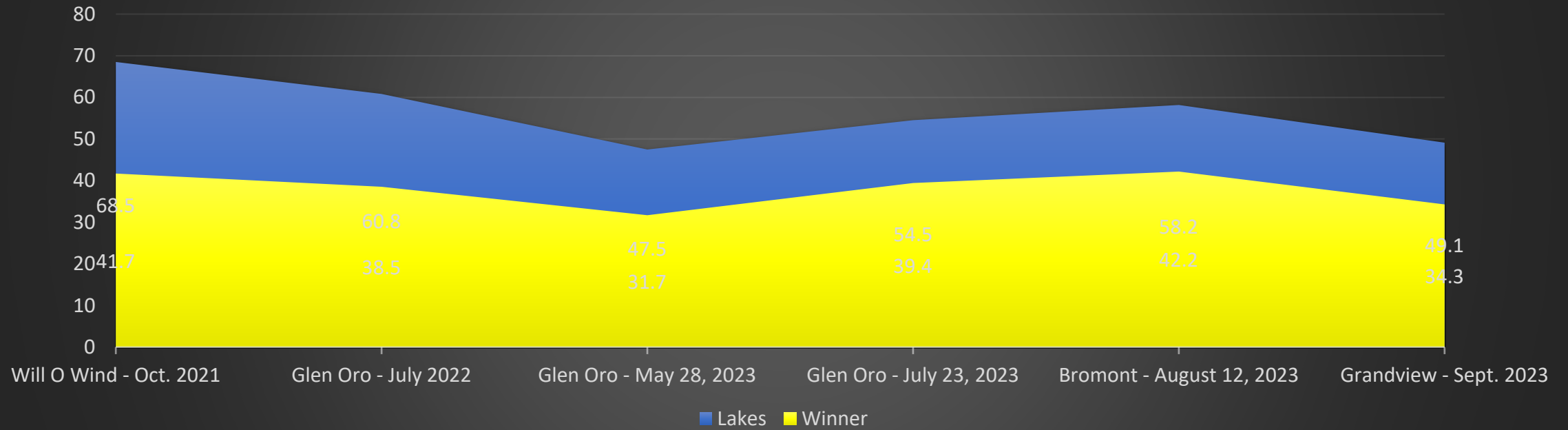
SJ Time Penalties



SJ Jump Penalties

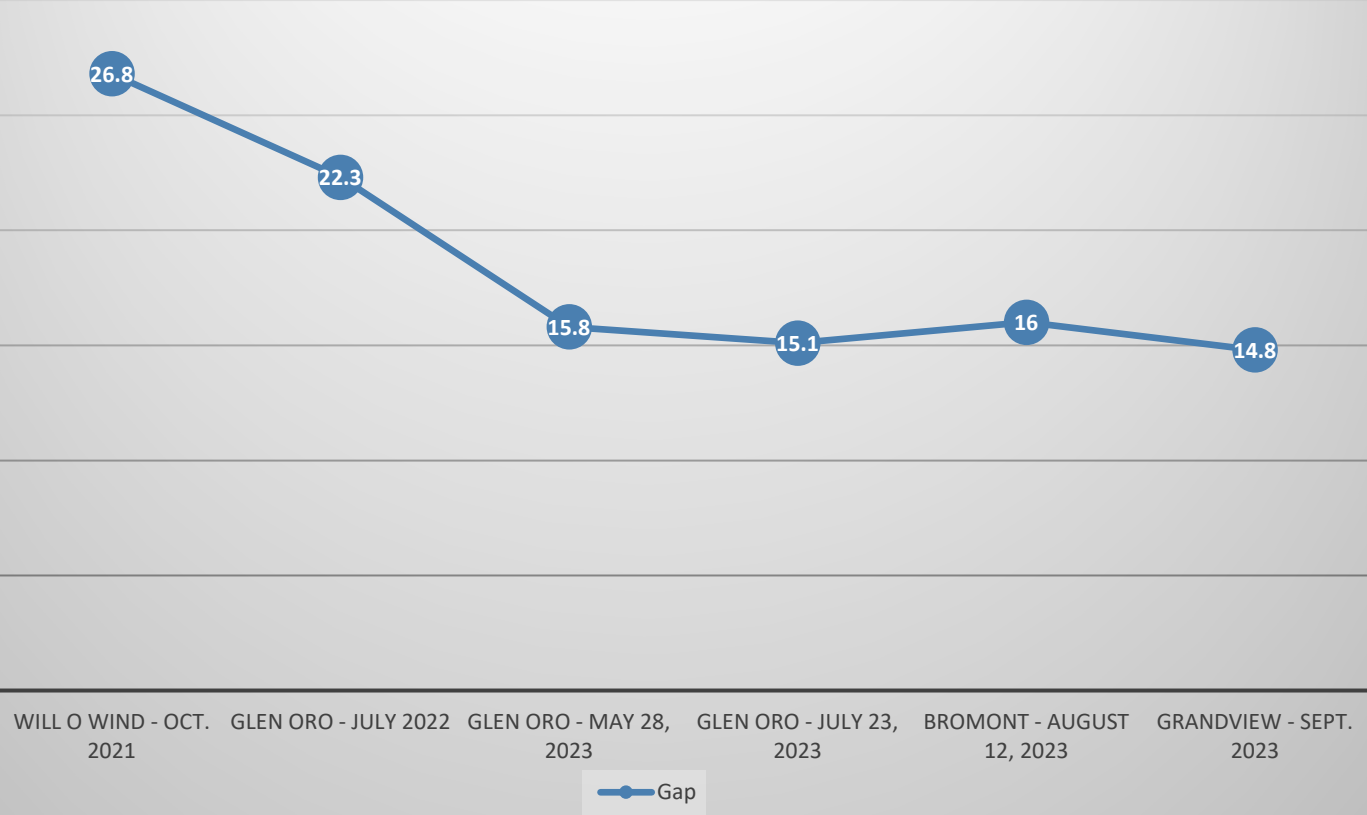


## Lakes vs. Division Winner



# PODIUM RESULTS TRACK

Gap Trend



GAP  
TREND





# HORSE FITNESS





# FACTORS AFFECTING A CONDITIONING PROGRAM

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## Horse:

- breed/type
- age
- conditioning history
- present level of fitness
- previous injuries

## Sport:

- type of sport
- level of competition
- timing of competitions during the season

## Rider:

- time schedule
- competitive goals

## Environment:

- weather
- terrain
- DTE = Daily Training Environment

# CONDITIONING TYPES

## Long Slow Distance (LSD)

- Beginning stage of cardiovascular conditioning
- The foundation for further training in any Equine sport
- Target Heart Rates – below 130 bpm
- Basic cardiovascular adaptations are achieved within 2 to 3 months\*

## Interval Training

- Pushes the horse into and past the anaerobic threshold so that the fast twitch muscle fibers learn to function without tissue oxygen
- Reserved for horses in at least their second season of consistent work so that the body's support systems have reached a level of development able to handle the intensity and speed without risking injury
- Target Heart Rates – between 165 bpm and 185 bpm
- The objective is to bring the heart rate beyond the anaerobic threshold for a short period of time and then allow the horse to recover by slowing the speed and intensity.
- After care should be the same as for a competition (ice, cold hose, etc.)

## Strength Training

- Can take the form of hill work, gymnastics or cavalletti
- More than 50% of musculoskeletal injuries may be eliminated with Strength Training Exercises
- Workouts can incorporate an Interval Training format



## Long Slow Distance

**SET #1** 20 mins walk on hard ground  
15 mins trot on softer ground

**SET #2** 20 mins walk on hard ground  
20 mins trot on softer ground

**SET #3** 20 mins walk on hard ground  
20 mins trot on softer ground  
3 mins slow canter

**SET #4** 20 mins walk on hard ground  
25 mins trot on softer ground  
3 mins slow canter

**SET #5** 20 mins walk on hard ground  
25 mins trot on softer ground  
4 mins slow canter

**SET #6** 20 mins walk on hard ground  
25 mins trot on softer ground  
5 mins slow canter

**SET #7** 20 mins walk on hard ground  
30 mins trot on softer ground  
5 mins slow canter

**SET #8** 20 mins walk on hard ground  
30 mins trot on softer ground  
7 mins slow canter

EV75 and  
Below

EV85

EV90

EV100 &  
Above

The walk should be brisk but relaxed.  
The trot should be slow, relaxed, and either rising or half seat.  
The canter should be slow, relaxed, and in half seat.

## Interval Training

### Interval Training

1	5 min @ 220 + 3 min walk	X3
	3 min @ 350 + 3 min walk	X3

2	5 min @ 220 + 3 min walk	X3
	3 min @ 400 + 3 min walk	X3

3	5 min @ 220 + 3 min walk	X3
	4 min @ 450 + 3 min walk	X3

4	5 min @ 220 + 3 min walk	X3
	5 min @ 450 + 3 min walk	X3

5	5 min @ 220 + 3 min walk	X3
	5 min @ 400 + 3 min walk	
	5 min @ 400 < 450 + 3 min walk	
	5 min @ 400 < 450	

6	5 min @ 220 + 3 min walk	X3
	5 min @ 400 + 3 min walk	
	5 min @ 450 + 3 min walk	
	4 min @ 500	

7	5 min @ 220 + 3 min walk	X3
	6 min @ 400 < 450 + 3 min walk	
	5 min @ 400 < 450 (hold at 450 for 2 mins)	
	4 min @ 400 < 520 (hold at 520 for 1 min)	

8	5 min @ 220 + 3 min walk	X3
	6 min @ 400 < 520 (hold at 520 for 1 min)	
	3 min walk	
	6 min @ 400 < 600 (hold at 600 for 1 min)	

9	5 min @ 220 + 3 min walk	X3
	6 min @ 400 < 520 (hold at 520 for 2 min)	
	3 min walk	
	6 min @ 450 < 650 (hold at 650 for 1 min)	

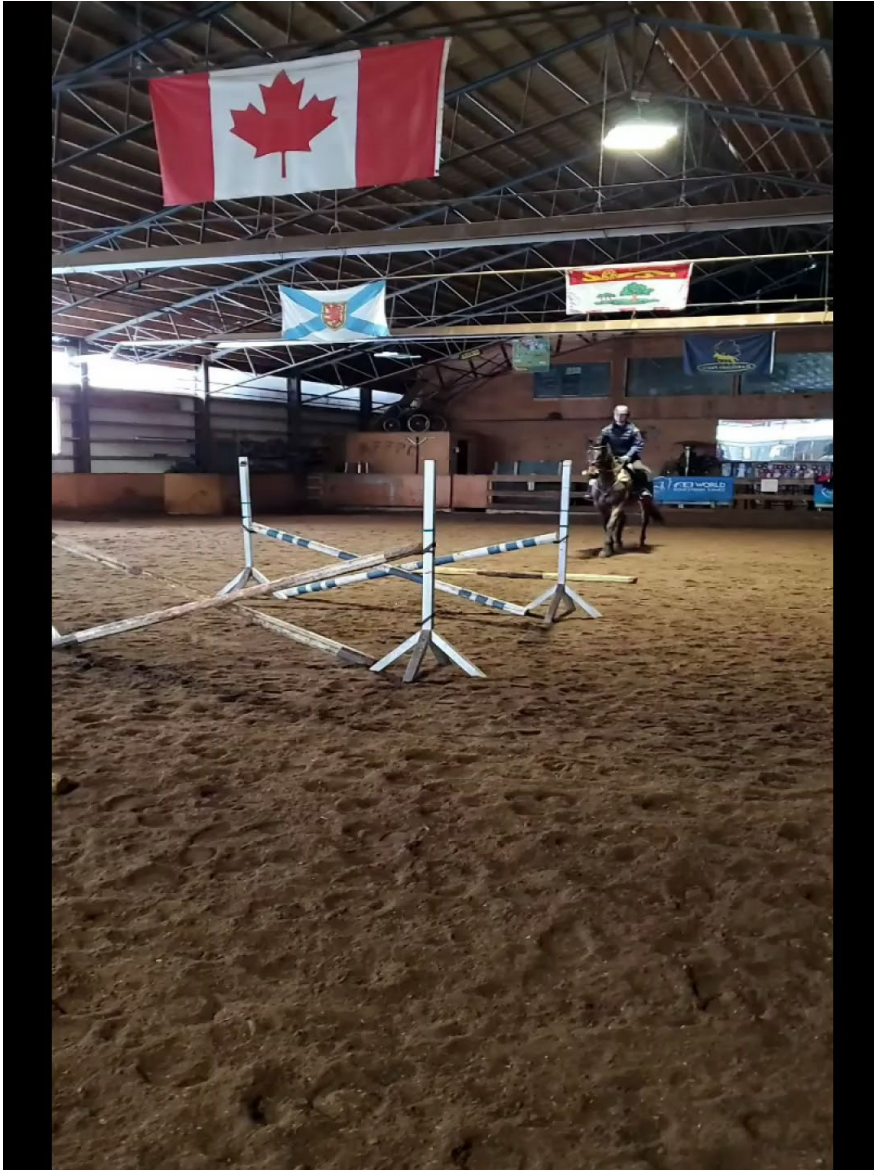
10	5 min @ 220 + 3 min walk	X3
	6 min @ 400 < 520 (hold at 520 for 2 min)	
	3 min walk	
	6 min @ 500 < 650 (hold at 650 for 1 min)	

11	5 min @ 220 + 3 min walk	X3
	8 min @ 400 < 550 (hold at 550 for 1 min)	
	3 min walk	
	6 min @ 500 < 650 (hold at 650 for 1 min)	

12	5 min @ 220 + 2 min walk	X3
	8 min @ 400 < 550 (hold at 550 for 2 min)	
	3 min walk	
	6 min @ 500 < 650 (hold at 650 for 2 min)	

13	5 min @ 220 + 3 min walk	X3
	8 min @ 400 < 570 (hold at 570 for 1 min)	
	3 min walk	
	5 min @ 500 < 700 (hold at 700 for 1 min)	

14	5 min @ 220 + 3 min walk	X3
	8 min @ 400 < 570 (hold at 570 for 2 min)	
	3 min walk	
	4 min @ 500 < 700 (hold at 700 for 2 min)	



# GYMNASTIC STRENGTH TRAINING

- Warm up as for a usual gymnastic workout, building the grid gradually.
- Once the grid is built, begin the first set of repetitions, jumping through the grid (work) and returning to the start at a walk or trot (rest) in intervals.
- Perform 4 - 6 repetitions, followed by 5 minutes of suppling exercises at trot and walk, and then 4- 6 more repetitions through the grid etc.
- Build up to increasing reps and sets as needed for your goal.





HOW DO I PLAN MY SHOW SEASON?



# YTP TERMINOLOGY

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## Macrocycle:

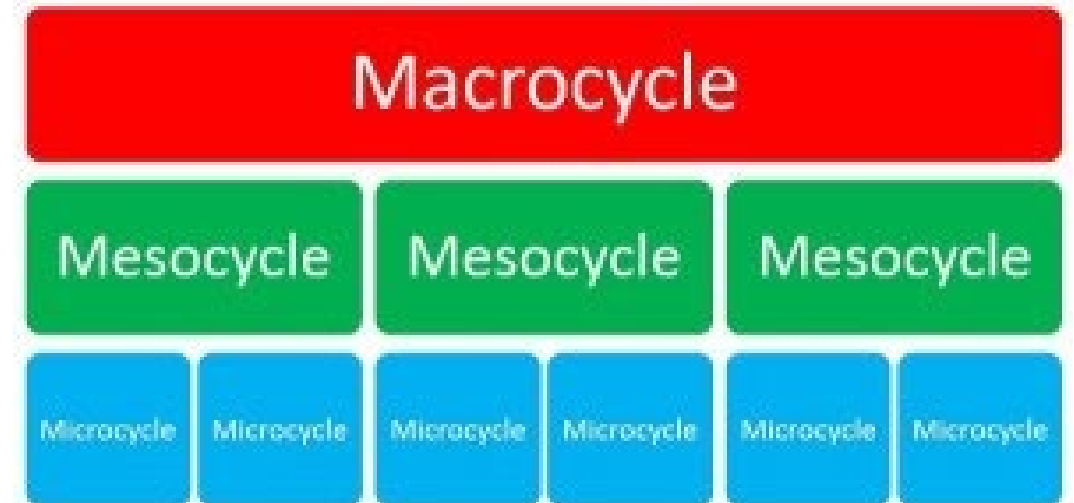
- Incorporates all 52 weeks of your plan
- A bird's eye view of your training and recovery
- Facilitates long-range planning

## Mesocycle:

- Represents a block of training designed to accomplish a specific goal
- Typically 3 – 4 weeks in length
- Generally a mesocycle is 3 – 4 microcycles tied together

## Microcycle:

- Shortest training cycle
- Typically lasting a week





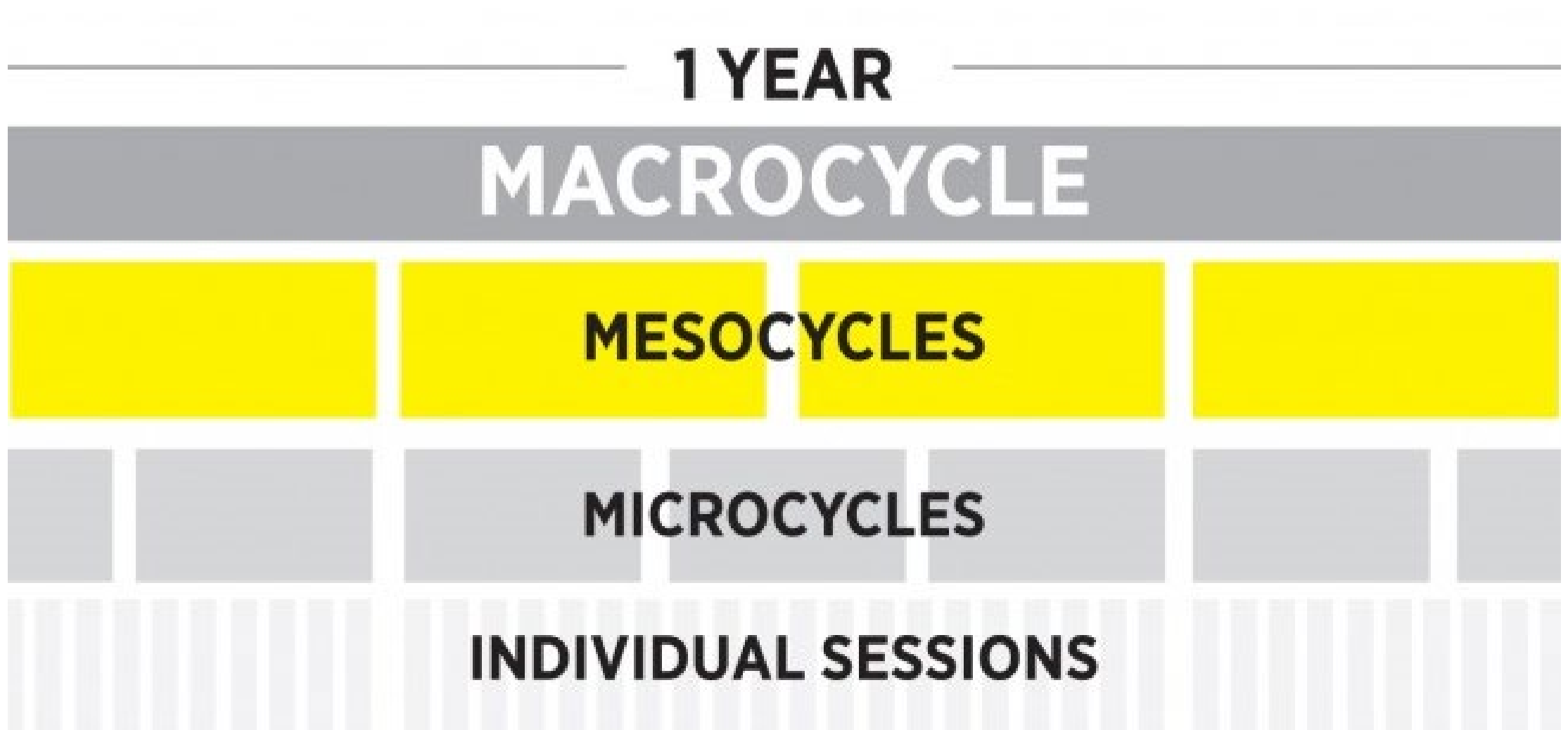
**1 YEAR**

**MACROCYCLE**

**MESOCYCLES**

**MICROCYCLES**

**INDIVIDUAL SESSIONS**



[illegible]

### Oakhurst Yearly Training Plan

[illegible]

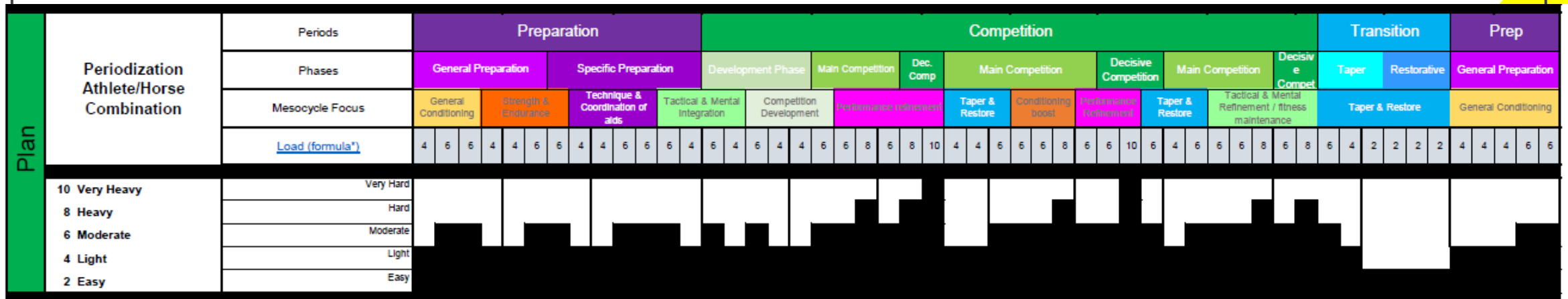


- **Timing:**
  - This section has been pre-populated by inputting the first Sunday of the year as the start date beside the Rider and Horse Names at the top.
- **Events:**
  - **Name/Description:** Put in the name of the Show/Event/Clinic
  - **Dates:** Approximate dates of the Show/Event/Clinic
  - **Location:** Approximate location of the Show/Event/Clinic
  - **Level:** What level you think you will be entering this show
  - **Type:** Choose from the following
    - TC = Training Competition
    - PC = Performance Competition
    - DC = Decisive Competition
  - **Importance:** Use a scale of 1 – 3 (1 is Low and 3 is High Importance)

# THE PLAN - PERIODS

Periods can be broken down into:

- Preparation
- Competition
- Transition



# THE PLAN - PHASES

## Preparation

- General Preparation
- Specific Preparation

Competition

- Competition Development
- Main Competition
- Decisive Competition

Transition

- Tapering
- Restorative

[illegible]

## Preparation Period

- **General Preparation Phase:**
  - Happens early in the Preparation Period. In this phase the coach progressively trains to raise the horse & rider Performance Capacity
- **Specific Preparation Phase:**
  - Happens later in the Preparation Period. The coach works to integrate the performance factors with higher intensity and volume.

## Competition Period

- **Competition Development:**
  - The coach increases the repertoire of skills; develops decision making, physical and mental skills.
- **Main Competition:**
  - The coach prepares horse & rider to perform with focus on cooperation, synchronization, and speed of execution (reaction time)
- **Decisive Competition phase:**
  - Peak performances of the year

## Transition Period

- **Tapering:**
  - Reduce fatigue and maintain fitness level.
- **Restorative:**
  - Light work. The final goal in this period is to achieve full recovery. If this period exceeds one month a conditioning program must be followed before training can begin. For the rider this should include off horse conditioning work.



# THE PLAN - MESOCYCLES



- **Mesocycle Focus:**

- A Mesocycle is a 2 – 6-week training block within the season. A mesocycle can also be defined as a number of continuous weeks where the training program emphasizes the same general focus. During the preparatory phase, a mesocycle commonly consists of 4 – 6 microcycles, while during the competitive phase it will usually consist of 2 – 4 microcycles depending on the competitor's calendar.
- Here you can be as creative and individualized as your program, bearing in mind that as your athlete's progress through the program towards their year-end goal the proportion of the time spent training technical/motor and physical skills is reduced while the time spent training tactical and mental skills is increased. Remember to consider your whole athlete when planning and recording the focus of your Mesocycles.

[illegible]

## Load

[illegible]

- **VOLUME** – During different times of the year, training programs vary in the length or number of repetitions in a training session. The number of repetitions(or minutes) in a training session or training phase represents the volume of training.
- **INTENSITY** - The percentage of one's maximum capacity (Intensity). The speed of performance, and the technical difficulty of the exercise contribute to the intensity.
- **LOAD** – The density of work that is completed by the athlete. It can be calculated in a number of ways:

Volume **X** Intensity    OR    Volume **X** Intensity **X** RPE

In the Oakhurst YTP row titled Load(formula\*), you just need to input a number 1 – 10 for the graph to prepopulate as seen above. Use the Load Matrix seen here to decide which number to input using the definitions of Volume and Intensity above.

		Description	% of Max					
Volume	Very Long	100	7	8 Heavy	9	10 Very Heavy		
	Long	80	6 Moderate	7	8 Heavy	9	10 Very Heavy	
	Moderate	60	5	6 Moderate	7	8 Heavy	9	
	Short	40	4 Light	5	6 Moderate	7	8 Heavy	
	Very Short	20	2 Easy	4 Light	5	6 Moderate	7	
		% of Max	20	40	60	80	100	
	Description	Easy	Light	Moderate	Intense	Extreme		
			Intensity					

# INTEGRATED SUPPORT TEAM (IST)

[illegible]

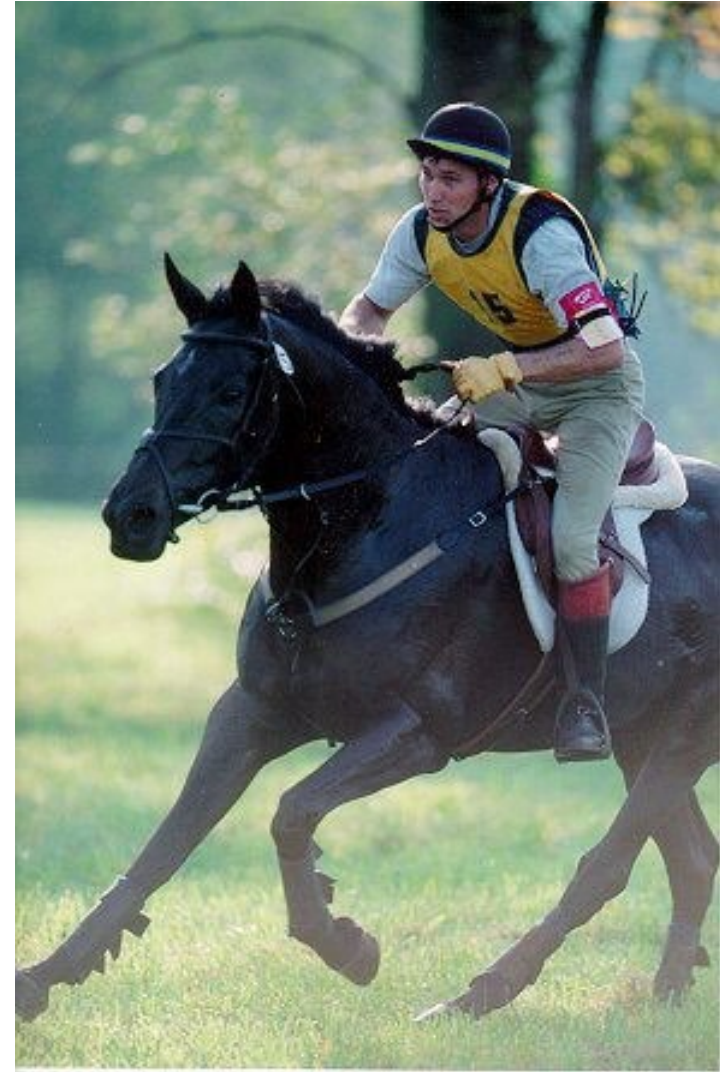
- **Integrated Support Team (IST)**
  - Here you can list and keep organized the timing of your athlete's support team
  - You can add more rows to either section to provide a complete picture for both the rider and the horse

## Sample Work Week (*Microcycle*) *EV100 and above*

- Outside of Show Season:

Sunday –	Interval Training
Monday –	Walk Hack
Tuesday -	Day Off
Wednesday -	LSD
Thursday -	Lesson
Friday -	Strength Training
Saturday -	Light to Medium Work
- During Show Season:

Sunday –	Event
Monday –	Walk Hack
Tuesday -	Day Off
Wednesday -	LSD
Thursday -	Lesson
Friday -	Light Work
Saturday -	Light to Medium Work





# Sample Work Week (*Microcycle*)

## *EV90 and below*

- Outside of Show Season:

Sunday –	Skills Development Homework
Monday –	Walk Hack
Tuesday -	Day Off
Wednesday –	LSD
Thursday -	Lesson
Friday -	Light Work
Saturday -	Light to Medium Work
- During Show Season:

Sunday –	Event
Monday –	Walk Hack
Tuesday -	Day Off
Wednesday –	LSD
Thursday -	Lesson
Friday -	Light Work
Saturday -	Light to Medium Work



### Oakhurst Show Team - Microcycle

Discipline: \_\_\_\_\_ Date: \_\_\_\_\_  
 Microcycle: \_\_\_\_\_ Importance: \_\_\_\_\_  
 Name of Rider: \_\_\_\_\_ Name of Horse: \_\_\_\_\_

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	H o r s e							
	R i d e r							
PM	H o r s e							
	R i d e r							

LEGEND: H.V. = HIGH VOLUME M.V. = MEDIUM VOLUME L.V. = LOW VOLUME;  
 H.I. = HIGH INTENSITY M.I. = MEDIUM INTENSITY L.I. = LOW INTENSITY  
 A.R. = ACTIVE REST  
 XXX = TOP PRIORITY XX = SECONDARY PRIORITY X = INTRODUCTION OR MAINTENANCE



### Oakhurst Show Team - Microcycle

Discipline: Eventing Date: May 20th - 26th, 2024  
 Microcycle: 21 - Competition Period Importance: High  
 Name of Rider: Emma Jane Name of Horse: Glitter Bomb

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	H o r s e	Turnout A.R. X	Turnout A.R. X	Turnout A.R. X	Turnout A.R. X	Turnout A.R. X Trailer - 5 hours H.V. M.I. XX	Hand Walk A.R. X	Competition Day! H.V. H.I. XXX
	R i d e r	school	school	school	school	Travel - 5 hours H.V. L.I. XX	Course Walks and Short slow run M.V. M.I. X	
PM	H o r s e	Walk hack M.V. L.I. X	Turnout A.R. X	LSD 20 mins walk 25 mins trot 6 min canter HR > 160bpm M.V. L.I. XX	Jump School M.V. M.I. XX	Hand Walk A.R. X	Flat ride and Ring Familiarization Hand Walk L.V. M.I. XX	
	R i d e r	Swimming M.V. L.I. X	tutoring	Long Slow Run followed by stretch H.V. L.I. XX	Ride Pilates H.V. M.I. XX	Walk Stretch A.R. X	Ride Walk Stretch L.V. M.I. XX	

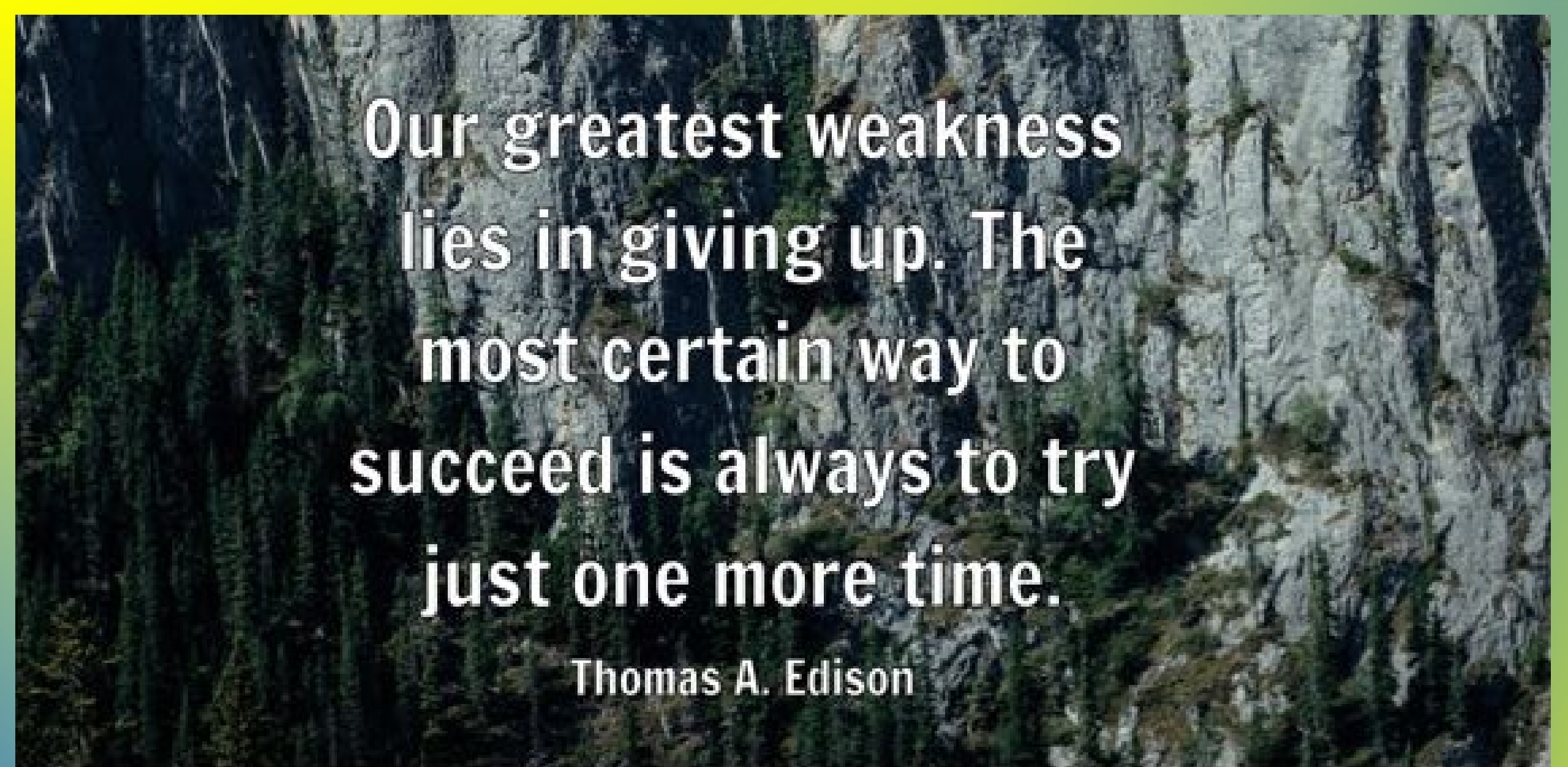
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 A.R. = ACTIVE REST  
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# NEXT STEPS

- Set goals: Process, Performance and Outcome
- Remember that competition should be meaningful
- Minimum Eligibility Results – are a MINIMUM
- A Gap Analysis can help you target train
- Microcycles need a gradual peak and taper the same as a yearly plan
- The Yearly Training Plan should be a living document
- Complete the Target & Gap worksheet
- Check out the online Oakhurst Show Book!
- Communicate
- Be Honest and self-aware
- HAVE FUN!!!!





Our greatest weakness  
lies in giving up. The  
most certain way to  
succeed is always to try  
just one more time.

Thomas A. Edison

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