

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 & 2	WALK TROT 15-20 MINUTES, 3-5KM	WALK TROT 15-20 MIN 3-5KM	FLAT WORK - ADAPT A ROUTINE TO ENGAGE THE 4 POINTS OF YOUR HORSE - NECK, SHOULDERS, MID & HIND	WALK TROT 15-20 MIN 3-5KM	WALK TROT 15-20 MINUTES, 3-5KM	RACQUET & BALL / CLUB PRACTISE	BUSH RIDE - REWARD YOUR HORSE DAY WITH LITE ROUTINE.
<b>WEEK 1-2 FEED:</b> FEED ONCE A DAY HARD FEED & ONCE A DAY HAY (THIS IS ALL DEPENDENT ON YOUR HORSE & WHAT WORKS FOR IT, SUGGESTION ONLY) MAKE SURE YOU HAVE ELECTROLYTES & SALT IN THEIR DIETS FROM THE BEGINNING.							
<b>WEEK 1-2 SUNDAY IS TO FIT IN SOMETHING DIFFERENT FOR YOUR HORSE SO THEY DON'T GET BORED &amp; AGITATED.</b>							
3 & 4	REST DAY	TROT CANTER 30-40 MIN 7-10KM	CONTINUE WITH FLAT WORK ROUTINE, INTRODUCE MORE TASKS - GERALD O'BRIEN TASKS OR SIMILAR	RACQUET & BALL SKILLS	TROT CANTER 30- 40 MIN 7-10KM	RACQUET & BALL / CLUB PRACTISE / TOURNAMENT	TROT CANTER 30-40 MIN 7-10KM
<b>WEEK 3 ON FEED:</b> AGAIN DEPENDANT ON YOUR HORSE BUT HARD FEED INCREASED TO TWICE A DAY & HAY TWICE A DAY. IF YOU HAVE AN OLD HORSE I SUGGEST RUGGING (CANVAS OR LIKE) FROM 12 DEGREES AS THEY DROP WEIGHT VERY EASILY IN THE AUTUMN COOLER NIGHTS.							
IF FRIDAYS YOU ARRIVE AT POLOCROSSE & HAVE TIME, A LIGHT SWEAT TO LOOSEN THEM UP BUT NOTHING TOO MUCH.							
5 TO 7	REST DAY	TROT CANTER 40 MIN 10-12KM	CONTINUE WITH FLAT WORK ROUTINES AS PER ABOVE	CANTER SPRINT 20-30 MIN & RACQUET & BALL SKILLS	TROT CANTER 40 MIN 10-12KM / LITE WORK AT POLOX	RACQUET & BALL / CLUB PRACTISE / TOURNAMENT	TROT CANTER 40 MIN 10-12KM
<b>FEED:</b> INTRODUCE OIL 1/2 CUP TO 1 CUP.							
<b>WEEK 5:</b> CLIP YOUR HORSE FROM WEEK 5, MAKE SURE THIS IS AT LEAST 2 WEEKS PRIOR TO YOUR FIRST TOURNAMENT, IF NOT PRIOR RUGGED, BEGIN NOW. CLIPPING IS TO ALLOW YOUR HORSE AN EASIER COOL DOWN AFTER A HARD WORKOUT, IT'S NOT A REQUIREMENT BUT IS GOOD PRACTISE.							
SATURDAYS & SUNDAYS DEPEND ON TOURNAMNETS YOU ATTEND IF ANY AS WELL AS CLUB PRACTISE.							
7 & INTO MAIN	REST DAY / BUSH WALK OR LEAD OUT	TROT CANTER 40 MIN 10-12KM	CONTINUE WITH FLAT WORK ROUTINES AS PER ABOVE	CANTER SPRINT 20-30 MIN & RACQUET & BALL SKILLS	TROT CANTER 20- 30 MIN 5-7KM / LIGHT WORK AT POLOX	POLOCROSSE TOURNAMENT OR ABOVE FROM WEEK 5-7	POLOCROSSE TOURNAMENT OR ABOVE FROM WEEK 5-7
<b>WEEK 7 &amp; INTO MAIN SEASON:</b> YOUR HORSE SHOULD BE WELL ON ITS WAY TO FIT FROM WEEK 7 ONWARDS, MAINTAIN THE ROUTINE							
IF FRIDAYS YOU ARRIVE AT POLOCROSSE & HAVE TIME, A LIGHT SWEAT TO LOOSEN THEM UP BUT NOTHING TOO MUCH.							
THROUGH THE SEASON IF YOU HAVE A HARD GAME ON SUNDAY, MAKE SURE TO LEAD OR WALK YOUR HORSE OUT ON A MONDAY (REST DAY) TO STRETCH & KEEP THE MUSCLES FROM LOCKING UP							