

# Conditioning Horses

building a durable equine athlete







# Conditioning Distance Horses

- Where/How to begin
- How to Create and Build a Plan
- Principles to Ensure Success
- Q&A



# The Foundation

approx. 4-6 weeks

Consistency of low intensity efforts

4+ days per week

Frequency matters more than a few hard workouts



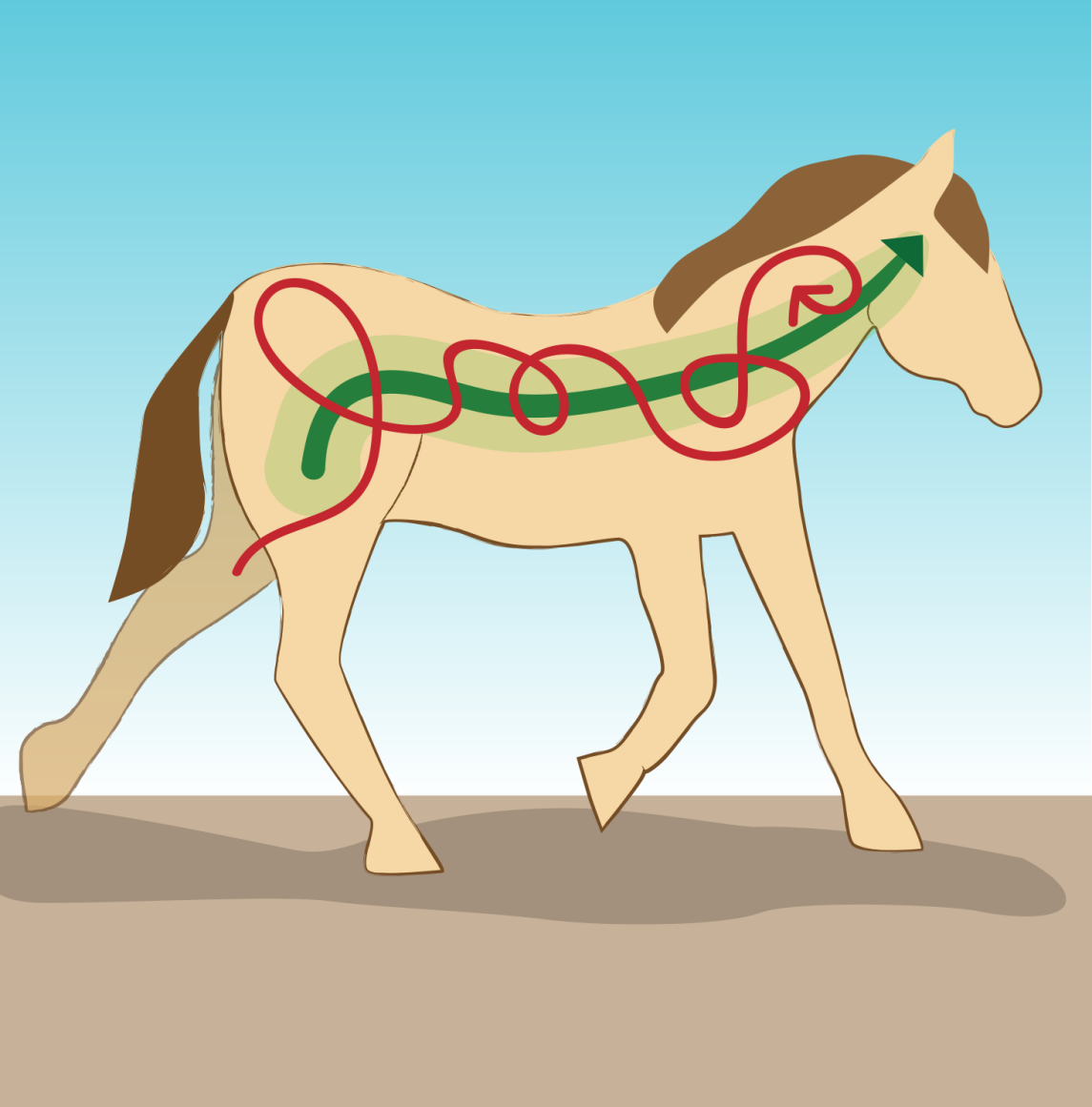
# Posture Muscles

Gymnastic muscles= tension, under-activation of proprioceptors.

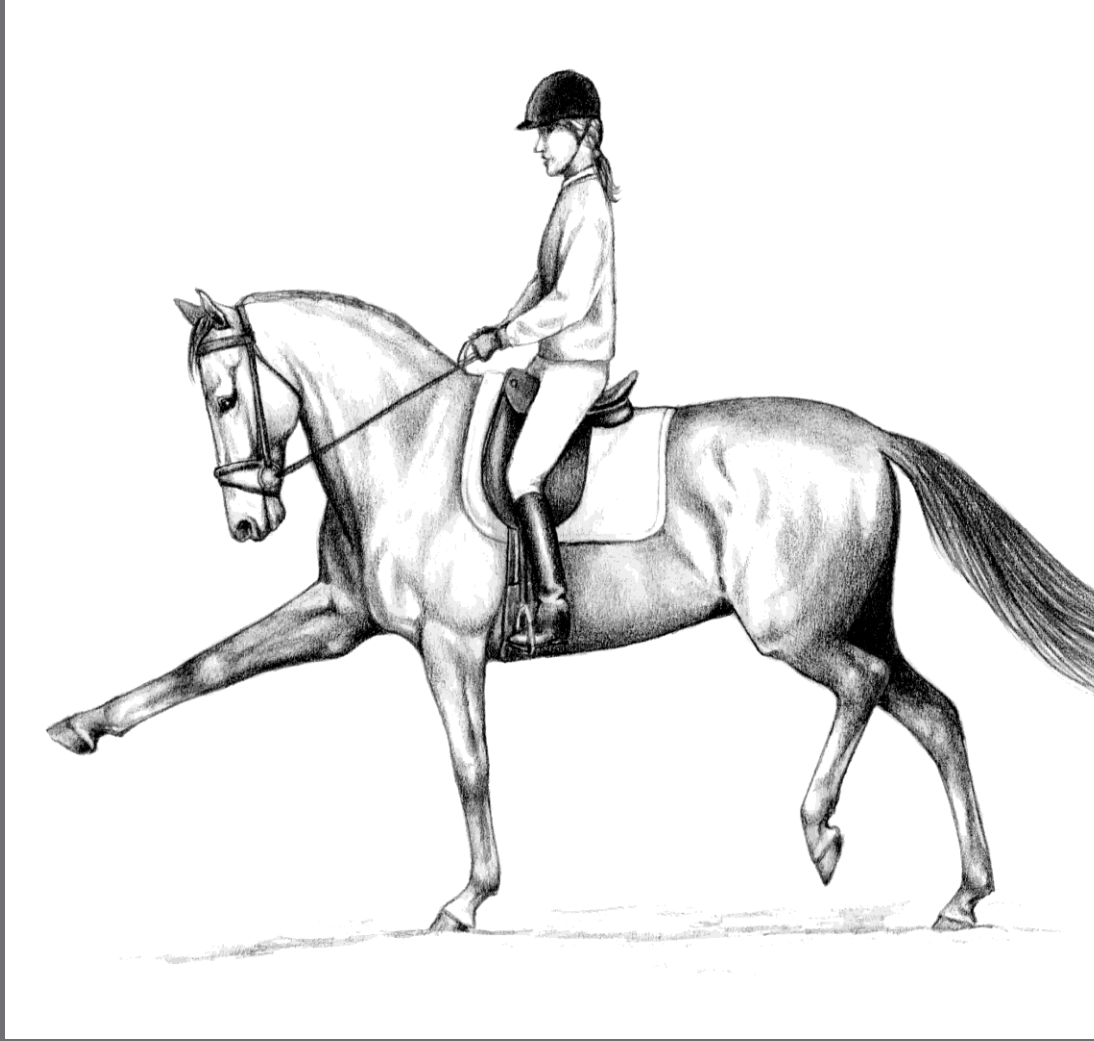
Don't make engine too strong for the chassis

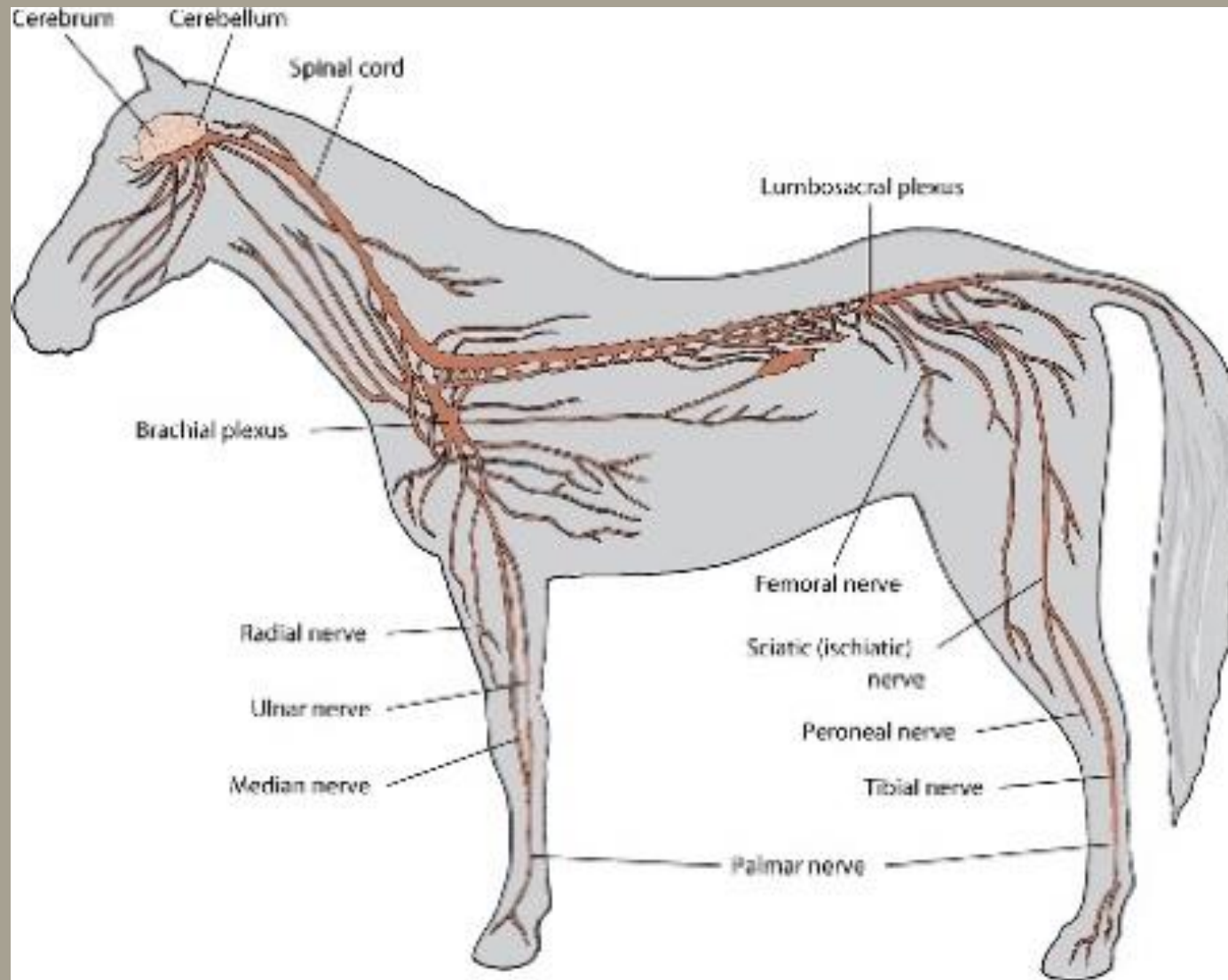
Basic movement, coordination exercises,

dressage becomes valuable here.









## Postural/Intrinsic Muscles



# Building Fitness

approx. 4-6 weeks

Increase DURATION of  
sessions

Add volume, not  
intensity

Double sessions





# Intensity

approx. 3-6 weeks

Targeted workouts, approx. weekly:

“Intensity”

- speed
- raised poles
- collection
- inclines
- deeper footing

Do NOT neglect consistency of low intensity efforts!!



# Principles for Success

Follow the formula: Easy,  
Moderate, Hard

Never forget the postural  
muscles

Take the time it takes!

Groundwork to resolve  
asymmetry

Introduce novelty

Every horse has unique  
physiology





# Thank you!



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