

# CONDITIONING PROGRAM

First assess current health, fitness, saddle fit, hooves...



10 -15 min  
Walking  
3-4 days/week

Week one

20 min Walking

Week 2

20 min Walking  
& 20 sec trots

Week 3

Introduce short  
canters

Week 4



Dr. Hilary Clayton  
discusses  
Equine Conditioning