



Daily activity stack

3

Homework



1. Build a daily activity volume/intensity curve in hours and number of steps across career stages, years, sprints, for your horse and keep these numbers as a target to measure against. For number of steps take my basic calculations or measure from your horse's video files.

2. Build 3 or more typical day regiments for your horse. Remember, we care for averages – in a sprint, in a season. More about that in the next videos. So you want to record your each of your day regiment types (low, moderate, and high or your own classification) a few times, at least a week apart.

Download the Day Regiment Template on the www.equestrianinsider.com

3. Think of ways to get closer to your targets for every regiment type day. Once you see a variance more than 5% in your daily stack, build up to the desired regiment GRADUALLY. Abrupt changes may create abnormal reactions due to stress.

4. Record your adjustments in the bottom grey area of each day sheet. Ask your stable neighbors and equestrian community about good ways to implement them or email: equestriancoach@outlook.com

Daily Activity Stack: Template

Fill it in for your 7 days of the week (Monday-Sunday)

Horse name: _____

Age: _____

Career stage: _____

Training Year: _____

Sprint: _____



Activity	Time	Steps	Intensity	Role
TTL actual activity				
Target # hours/steps on average				
Variance (deficit/profit)				

Daily Activity Volume in Steps: Basic calculations



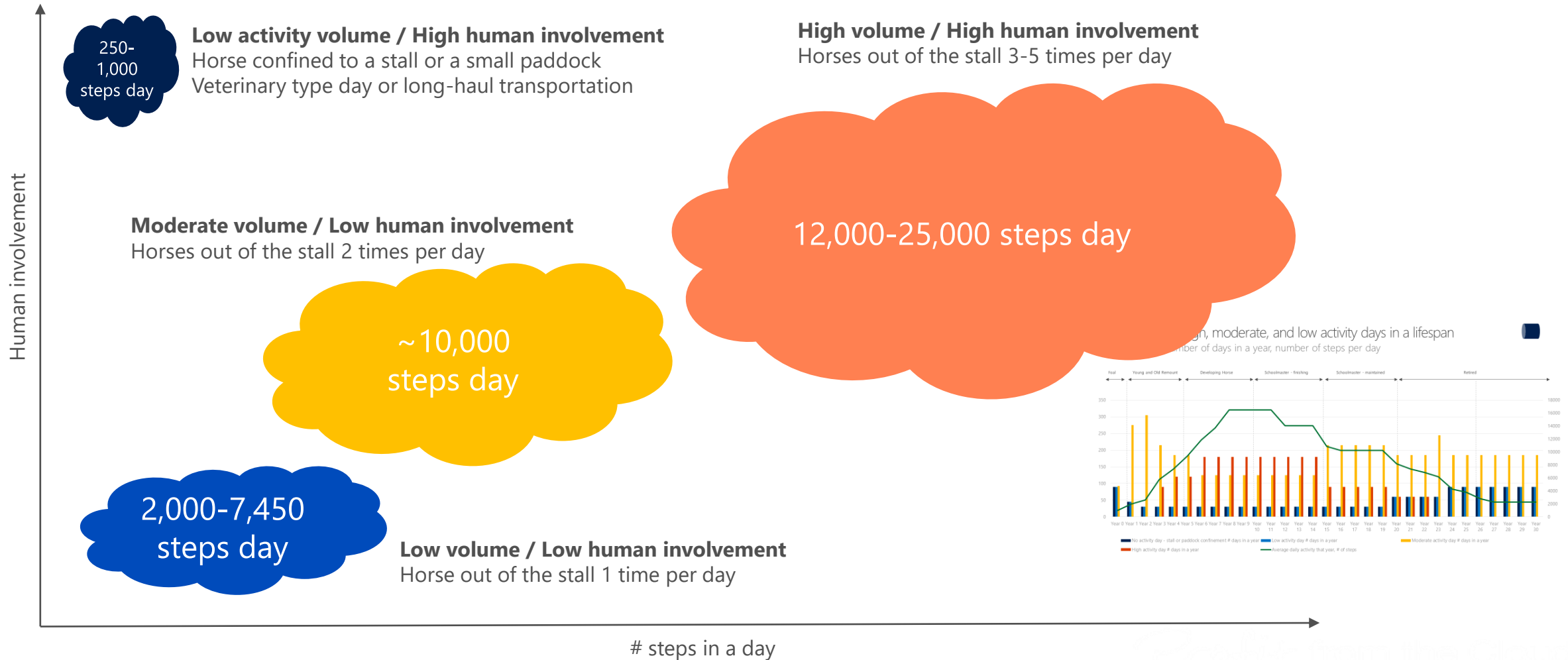
Steps are measured as haunches steps: left hind, right hind = 2 steps

	Generalist	Dressage	Jumper	Eventer	Endurance
# steps per day for an "OK" fitness in lower levels	12,000-15,000	10,000	17,500	20,000	20,000+

- One training session mounted = up to 60 min
- 1 min = 120 steps on average
- 120 steps x 60 min = 7200 steps
- Days vary in activity intensity for a dressage horse:
 - No activity volume day (stall or paddock confinement) – 250 steps
 - Low activity volume day – (stall + larger t/o with some play for 4 hours) – 1,000 steps
 - Moderate activity volume day (Stall, t/o, light training) – 4,000 – 12,000 steps
 - High activity volume day (stall, t/o, intense training) – 11,000-25,000 steps
- Training mounted is not happening every day of the week, so some days are N/A or L/A
- Endurance training and runs are much longer distances with more steps per day

Daily activity stack - 4 types of day regiment

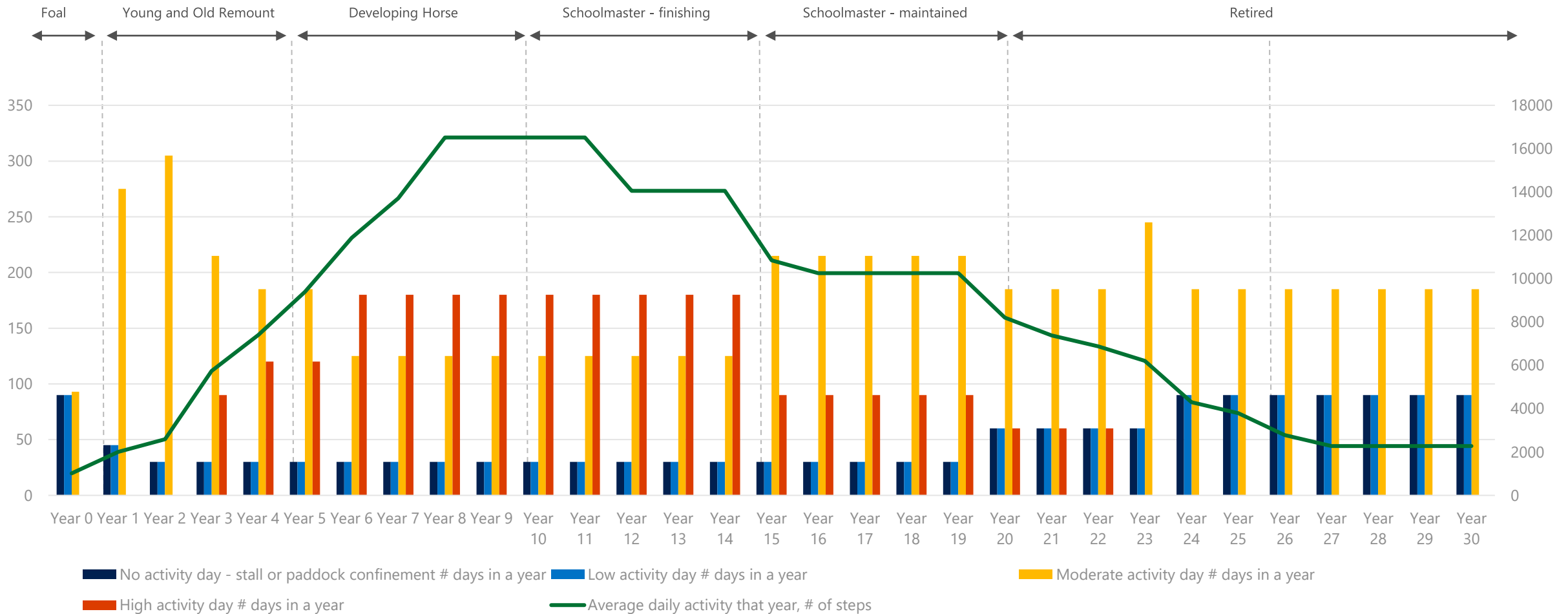
Ways to assure movement. High and low human involvement. High, medium, low activity volume.



Distribution of high, moderate, and low activity days in a lifespan



Chart displays number of days in a year, number of steps per day – Dressage horse



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Record your adjustments in the bottom grey area of each day sheet. Ask your stable neighbors and equestrian community about good ways to implement them or email: equestriancoach@outlook.com

Climate, weather conditions can pose a limit to how much time or when in a season your horse spends time outdoors.

However, if weather is favorable, and your horse still lacks activity volume and time, do mark it as a necessary adjustment in your horse regiment day sheet.

Some horses do not mind nasty weather, prefer to stay outside. If your horse has a proficit of activity with low intensity, and is not tired, still ready for its training, it is advisable to go by a horse's individual preference, do not limit it.

Keep your daily sheets on your horse's file. In the next videos we will use them for planning your sprints and seasons.