



EventFit Annual Equestrian Performance Plan



TRAINING OBJECTIVES

PERFORMANCE	TEST	PHYSICAL	TACTICAL	TECHNICAL	PSYCH

Weeks	1-12			13-25			26-38			39-51		
Phase	Strength Endurance			Strength Endurance / Volume			Maintenance and Mobility			Maintenance into De-load		
Season	Off-Season			Pre-season			Comp Season			Comp Season		
Month	October	November	December	January	February	March	April	May	June	July	August	September
Comp												
Block	1	2	3	4	5	6	7	8	9	10	11	12
	Block Goals			Block Goals			Block Goals			Block Goals		
Strength	Prep Movement Patterns	Strength Endurance	Strength Endurance + Volume	Addition of single limb movement	Isometric Focus	Balance / Athletic Focus	Maintenance / Strength Endurance Core	Maintenance / Strength Endurance Glute	Maintenance / Strength Endurance Posture	Maintenance / Strength Endurance Core	Maintenance / Strength Endurance Glute	Deload
Conditioning	Minimal	Interval training	Steady State	Steady State & HIIT	Steady State & HIIT	None	None	None	None	None	None	None
Volume												



Session 1

	Exercise	Rest	Week	Load / Notes	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6				
					Reps	Load	Reps	Load	Reps	Load	Reps	Load	Reps	Load	Reps	Load			
1	a	1m	Goblet Squat	1		10		10		10		10							
				2		10		10		10		10							
				3		10		10		10		10							
				4		10		10		10		10							
2	a	1m	Band Rows	1		12		12		12									
				2		12		12		12									
				3		12		12		12									
				4		12		12		12									
3	a	1m	Press Up	1	8 press ups (knees)	8/10		8/10		8/10									
				2		8/10		8/10		8/10									
	b		Y to Cuff	3	10 reps y to cuff	8/10		8/10		8/10									
				4		8/10		8/10		8/10									
4	a	1m	Bear Crawl	1	5 reps forwards / 5 back	10/40		10/40											
				2		10/40		10/40											
	b		Plank	3	40s plank	10/40		10/40											
				4		10/40		10/40											

Session 2

	Exercise	Rest	Week	Load / Notes	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		
					Reps	Load	Reps	Load	Reps	Load	Reps	Load	Reps	Load	Reps	Load	
1	a	1m	Shoulder Press	1		10		10		10		10					
				2		10		10		10		10					
				3		10		10		10		10					
				4		10		10		10		10					
2	a	1m	Single Arm Row	1		12		12		12							
				2		12		12		12							
	b		Band Pull Apart	3		12		12		12							
				4		12		12		12							
3	a	1m	Lunges	1		8		8		8							
				2	8 each leg	8		8		8							
				3		8		8		8							
				4		8		8		8							
4	a	1m	Single Leg Hamstring Bridge	1	10 reps each leg	10/20		10/20									
				2		10/20		10/20									
	b		Copenhagen Plank	3	20s plank each side	10/20		10/20									
				4		10/20		10/20									

Session 3

	Exercise	Rest	Week	Load / Notes	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
					Reps	Load	Reps	Load	Reps	Load	Reps	Load	Reps	Load	Reps	Load
1	a	1m	Split Stance Dumbbell RDL	1	10 reps each leg	10		10		10		10				
				2		10		10		10		10				
	b		KB Swing	3	10 reps swing	10		10		10		10				
				4		10		10		10		10				
2	a	1m	Glute Bridge	1		12		12		12						
				2		12		12		12						
				3		12		12		12						
				4		12		12		12						
3	a	1m	Dumbbell Rows	1		10		10		10						
				2		10		10		10						
				3		10		10		10						
				4		10		10		10						
4	a	1m	Prone Press	1	10 reps	10/20		10/20								
				2		10/20		10/20								
	b		Side Plank	3	20s plank each side	10/20		10/20								
				4		10/20		10/20								