CEDF Yearly Training Plan

Athlete: Rider Name **Horse:** Horse Name **Start Date (First Sunday):** 7-Jan-24

Logistics

Timing

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Month	January				February				March					April				May				June					July					August				September					October				November				December				
Date	06	13	20	27	03	10	17	24	03	10	17	24	31	07	14	21	28	05	12		06	13	20	27	03	10	17	24	03	10	17	24	31	07	14	21	28	05	12	19	26	02	09	16	23	30	07	14	21	28	04	11	

Events

Name / Description	Arrive in FL	Barnstaple Derby	Jmper Show	Jumper Show	Three Lakes		Ocala Winter 1		Rocking Horse 3		Ocala Winter 2		Terranova FEI			Ocala Festival Of Eventing		Tryon International (Plan B)	Virginia Internationl (Plan C)													Caber Equestrian		RMSJ		Aspen Farms				Spokane HT		Travel to CA	Prep Event		Young Riders?	Young Riders?								
Dates		Jan 16?	TBD	TBD	Feb 3		FEB 16-19		MAR 3-5		Mar 16-19		Mar 30-2			April 16th																Aug 16-18		TBD		Sep 13-16				Sep 30-Oct														
Location		FL	FL	FL	FL		FL		FL		FL		FL			FL		NC	V													WS		AB		Washington				Washington														
Level		Prelim	110-115		Prelim		ermediate		ermediate		ermediate		2*/3*			2*L		2L	2L													ermediate		110-120		ermediate				3*?														
Importance		Low	Low		Low		Med		Med		Med		High			High		B	C													Med		Med		Med				High														

Plan

Periodization Athlete/Horse Combination

Periods	Preparation				Competition													Transi		Preparati		Competition																					Active Recon				Rest W	Preparation 2025								
Phases	Specific Prep				Pre-Comp		Regular Competition													Specific Preperation		Pre		Co mp	Pre		Co mp	Pre			Co mp				Pre		Co mp							Hacking, Fitting Down				Out in Field	Fitting up, Strength/Muscle Endurance								
Mesocycle Focus	Strenth Endurance				Technical Aspects/Confi dence		Maintaining Fitness and Prep											Hack		Strength/Fitne ss/Endurance		Competition Preperation and Confidence Building/Maintaining																																								
Load (formula*)	2	4	6	4	6	4	8	4	8	4	8	4	10	6	8	10	0	0	2	4	6	2	4	6	8	2	4	6	2	4	6	10	4	10	4	8	6	8	10	2	2	2	2										

*Linked to LoadMatrixFormula Sheet

10 Very Heavy	Very Hard
8 Heavy	Hard
6 Moderate	Moderate
4 Light	Light
2 Easy	Easy

Integrated Support Team (IST)

Human Athlete

Mental Performance Coach																																																					
Strength & Conditioning Coach	Ongoing																																																					
Nutritionist																																																					
Physiotherapist																																																					
Massage Therapist																																																					

Equine Athlete

Farrier																																																					
Veterinarian																																																					
Chiropractor																																																					
Massage Therapist																																																				
Adaquan/Legend																																																				