

## WORK PROGRAM

Polocrosse horses need at least 8 weeks work before their first carnival.

Start slowly, especially if your horse is fat, and increase the amount of work over the first 4 weeks.

Trot and canter at a medium speed and slightly collected.

### Week Activity

WEEK 1: Trot 15 minutes, building to 25 minutes

WEEK 2: Trot 15 minutes, canter 15 minutes

WEEK 3 & 4: Trot 10 minutes, canter 20 minutes

WEEK 5 & 6: Trot 5 minutes, canter 25 minutes

WEEK 7 & 8: Trot 5 minutes, canter 25 minutes, add some sprint work 3 days a week.

Each sprint day do 3 x 100 metre sprints 5 minutes apart. Just walk between sprints.

If you attend regular practices, you probably only need to sprint once a week (Thursday). On sprint days, cut 10 minutes from your canter time. On days you want to practise stick work, incorporate this into your canter time.

### Work between carnivals

After a carnival, both you and your horse will benefit from having Monday off. If you are playing the same horse 2 carnivals in a row do not work him as hard through the week.

### Day Activity

Monday - Rest day

Tuesday - Trot 15 minutes, canter 5 minutes

Wednesday - Trot 10 minutes, canter 15 minutes

Thursday - Trot 5 minutes, canter 20 minutes

Friday - Very light work (especially if you're travelling a long distance to a carnival)

Once your horse is fit and playing competition they do not need to be worked as hard as early in the pre-season. There is no need for sprint work, carnivals are enough.

## **CARNIVAL CARE**

### **Before play**

Each horse should be walked and trotted around for 10 to 15 minutes to warm up properly.

Then one quick short sprint and two turns each way to loosen muscles.

### **Between chukkas**

The horse should be led around at a walk to keep warm and stop muscles from cramping. If it is cold throw a light rug over their back and rump. Fresh water should be available, especially in hot weather. Sponging a horse's head, neck and shoulders will help cool them between chukkas. Be sure to scrape water off because it will act as a barrier to keep heat in if not removed immediately.

Remount your horse several minutes before you start playing again. Slowly trot around before play recommences. This helps loosen up muscles again.

### **After the game**

Cool your horse down by walking and trotting slowly for 10 minutes after the game, before removing gear and hosing down. It is very important to scrape off all excess water so your horse can cool down properly. After the horse has dried apply a light rug. Then, when cool, add more rugs depending on weather conditions.

### **Injuries**

If a horse has any kind of injury, whether a rubbed mouth or cuts and abrasions, it must be treated immediately the game has finished. Failure to do so will bring action from welfare officers.

### **Overnight**

Horses must be put in yards overnight, not tied up. They must be well fed, well rugged and be given plenty of fresh water. Next morning, before feeding, it is a good idea to lead your horses around, especially if their legs are inclined to puff up overnight.

Take the grain out of Sunday night and Monday morning feeds after a carnival. Because he will have Monday off, removing the grain helps minimise the chances of "tying-up" on Tuesday.