



# Eventing IRELAND

## Amateur Newsletter

May 2023

### Is your horse ready to go eventing?

To compete in eventing you need to ensure your horse is fit enough for the job, with courses extending up to 2.5km, across varying terrain and up to 20 or more jumping obstacles. It's important to have a varied training schedule. Event horse's fitness can be split into two areas; conditioning and schooling. Having a good plan in place and a monitoring sheet can be invaluable when getting your horse fit.

**Conditioning** includes anything that helps to maximise performance and maintain soundness. Things in this category include roadwork, interval and gallop training and rough terrain training.

**Schooling** involves anything to help develop mental and athletic skills required to compete. This includes flatwork, gridwork, polework, and jump schooling.

When bringing a horse back into work ensuring s/he has plenty of **roadwork** in an active walk is vital for the horse's heart and lungs. Try incorporate hacking and lunge work in the first 2-3 weeks of work.

Following a good period of hacking and ground work, you can start to bring in 1-2 days schooling along with 1-2 days interval training.

**Interval training:** this involves longer periods at faster paces interspersed with active recovery phases. E.g. 2-3 minutes at forward trot followed by 2-3 minutes at active walk for 2-3 sets. This idea can be increased by approx. 10% each interval training day and can slowly incorporate forward canter.

Don't forget to warmup your horse sufficiently for both schooling and interval training days with a 10-15 minute walk, and cool down with a 10-15 minute walk.

Following 1-2 weeks of introducing schooling and interval training, gallop training, jump schooling and varying the terrain can be commenced.

**Gallop training:** you want to start building your horse to being able to run at 450-475m/min pace for approx. 5-6 minutes over the next 4 weeks.

Starting at 350m/min pace gallop for 1-2 mins, followed by an active walk recovery period for 1-2 minutes. Repeat this 1-2 times each direction. This can be increased by 10% each gallop training day for the next 4 weeks until your horse can run comfortably at 450-475m/min pace for 5-6 minutes 1-2 sets each direction.

**Jump training** can commence following the initial 4 week period. Try incorporate some gridwork to strengthening your horse, as well as conditioning him/her to jump a course of show jumps. You could aim to go to a training show at your local equestrian centre.

And not to neglect the **cross country schooling** – aim to get out onto grass for this. Ideally your horse should feel comfortable on their feet out on grass where the majority of your cross country round will take place. See if you can bring them somewhere you can gallop downhill and across varying terrain.

Now your horse should be ready to compete, but always remember to listen to what they are telling you on the day and tailor your riding accordingly. Aim to use their first event to settle into the job at hand and set them up for the season ahead.

#### Results Roundup

##### Frankfort Stud 3 06/05/2023

###### EI90 Amateur

1st Amy Anderson Casadh na Taoide

2nd Holly Conte VHC Howizter

###### EI100 Amateur

1st Claire O'Dwyer Knockmullen Lad

2nd Dayna Ann Curtis Cillnabradan Cuig

###### EI110 Amateur

1st Denis Coakley Sugar Bunnie

2nd Rachel Finnegan Image

##### Hillcrest 2 14/05/2023

###### EI90 Amateur

1st Katie Zubeyko Roulette

2nd Amy Walsh Trucking Along

###### EI100 Amateur

1st Darren O'Connor Newmarket Apollo

2nd Sharon Power Tullibards Benny & Jess

##### Hazeldene 20/05/2023

###### EI90 Amateur

1st Ciarrai Rice Lady J

2nd Michaela Donnelly Burke Private  
Bluebird

###### EI100 Amateur

1st Britt Megahey R Showman

2nd Kathryn Graham So Dignified

###### EI110 Amateur

1st Symone Brown Merlot

2nd Rachel Finnegan Image

##### Kilguilkey House 1 21/05/2023

###### EI90 Amateur

1st Shannon O'Mahony Steel Me Darling

2nd Tara O'Donoghue Coco Rebel

###### EI100 Amateur

1st Rolline O'Callaghan Splendid B

2nd Mariella Letman PLS Coconuts

###### EI 110 Amateur

1st Denis Coakley Sugar Bunnie

2nd Noelle Reidy Ballinhassig



EI90 Amateur Winner at Frankfort Stud 3

#### Upcoming Events

Millstreet International 1-4 Jun 2023

Clonmahon House 2 10 Jun 2023

Clyda I 11 Jun 2023

Rosanna 2 17 Jun 2023

Ballindenisk I 18 Jun 2023

Cloncaw Glaslough 24 Jun 2023

Grove 25 Jun 2023

Kilguilkey House International I 29 Jun - 2 Jul 2023

Please send your photographs to the committee to be considered for the next newsletter  
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