

## **ABSTRACT**

### **Title:**

Preparing showjumping rider and horse for racing season

### **Objectives:**

Based on the results of research to create an optimal training plan for showjumping riders and horses for a preparatory period.

### **Methods:**

The analysis of scientific literature, questionnaires, structured interviews, data evaluation and graphical results.

### **Results:**

A training plan for the preparatory period was drawn up on the basis of the measured results, and consists of: jumping dressage 3 times a week for 37 minutes cavaletti 1.7 times a week for 20 minutes, lungeing 1.3 times per week for 24 minutes fieldwork 2.25 times a week for 49 minutes, jumping 1.2 times a week for 38 minutes of which 0.75 times a week gymnastic series, regeneration means at least 2-3 times a week. Showjumping riders should ride on average 38-39 horses a week and spend around 24.57 hours per week in the saddle.

### **Keywords:**

showjumping, riding, showjumping rider, showjumping horse, showjumping preparation, preparation period, training plan