



Hudson Valley Seasonal Conditioning Planner

Prepared for Riders of Carlette Farm – Hyde Park, NY

Carlette Farm offers approximately 30 miles of private, maintained riding trails in the Hudson Valley. This planner is designed to help riders structure progressive, seasonally appropriate conditioning programs using varied terrain, hill work, and steady mileage to build durable, confident horses.

Spring Reconditioning Plan

- ☐ Week 1–2: 20–40 minute relaxed trail rides (walk/trot focus).
- ☐ Week 3–4: Introduce gradual hill work and extend rides to 45–60 minutes.
- ☐ Goal: Rebuild aerobic base and soft tissue strength safely.

Summer Conditioning Plan

- ☐ 2–3 longer aerobic rides weekly (45–75 minutes).
- ☐ Incorporate shaded routes and structured trot/canter intervals.
- ☐ Goal: Develop cardiovascular fitness while managing heat and hydration.

Fall Performance Building

- ☐ Structured hill sets 1–2 times weekly.
- ☐ Integrate natural trail jumps for balance and confidence.
- ☐ Goal: Build strength and stamina heading into peak season.

Winter Maintenance Plan

- ☐ 30–45 minute consistent rides when footing permits.
- ☐ Emphasize walk/trot conditioning and mental engagement.
- ☐ Goal: Maintain baseline fitness and prevent arena burnout.

Need Arenas And Miles of Trails Where You Board?

At Carlette Farm, we specialize in:

- A 30-mile private trail network
- Giant, elevated paddocks
- Large Outdoor, and new, large covered Indoor arena
- Full-service boarding in the Hudson Valley

Contact us to schedule a visit:

Carlette Farm

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