

1. List out the competitions and dates.
2. Using your competition schedule, take an inventory of the competitions in which you would like to compete.
3. Competitions should be given a “type” For example:
 - a. **Training Competition (TC):** Competition where the focus is training at a competition venue.
 - b. **Performance Competition (PC):** Competition where the focus is on results.
 - c. **Decisive competition (DC):** Provincial or national Championship - Peak performance of the year
4. Prioritize the competition. Determine the importance of the competition.

Use the Yearly Training Plan. An example has been provided.

Some Definitions

Training programs are divided into these three periods:

- **Preparation Period:** The number of weeks between the first practice session in the preparation phase of the program and the first regular or official competition. Note: Preparatory or unofficial competitions at the beginning of the program should be considered part of the Preparation Period. Within the Preparation Period your program may have a General Preparation phase, which happens earlier in the period, and a Specific Preparation phase, which happens later in the period. (Specific prep for a certain competition)
- **Competition Period:** The number of weeks between the first regular or official competition of your competition program and the last competition in which the athletes will take part. Within the Competition period your program may have a Main Competition phase and a Final Competition phase.
- **Transition Period:** The number of weeks between the last competition athletes will take part in or last coached session they will have and the first contact in the new season.

Note: There may be no formal Transition Period in your program.

Example: If you take the horse home and simply hack etc. for several weeks before resuming lessons, then that period of time would be a transition period. If however, you take your horse to Florida to compete or you continue with lessons all year, then there would be continuous schooling and there would be no transition period.